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Main Report

# THE EXPERIENCES OF CHILDREN PARTICIPATING IN ORGANISED SPORT IN THE UK

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The University of Edinburgh/NSPCC

Child Protection Research Centre

October 2011

THE UNIVERSITY OF EDINBURGH / NSPCC

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# PART I: BACKGROUND AND INTRODUCTION

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## BACKGROUND TO THE RESEARCH

### 1 INTRODUCTION

This is the report of a major three year study of children and young people's experiences of participating in organised sport<sup>1</sup> in the UK. Conducted between 2007 and 2010, the study had two elements:

- An online survey of students (aged 18–22) in higher and further education institutions across the UK exploring their experience and retrospective views of participating in organised sport as children (aged up to 16). The survey yielded 6,124 valid responses
- In-depth telephone interviews with young people who identified themselves in the survey as having experienced some harm in sport and who were willing to be interviewed. Eighty nine interviews were conducted.

Many children participate in sport at every level: as elite or club athletes; recreationally; as helpers – ball boys and girls, mascots; and as spectators (Sport England, 2005 ). The Football Association (FA) estimates four million children in England participate in football alone (The Football Association, 2010). The benefits to children of participating in sport are well known and publicised (Scottish Executive, 2003). These include enhancement of self-confidence and self-esteem, physical and mental health, and wellbeing (Scottish Executive, 2003). However, evidence also suggests that a significant minority of children participating in sport face negative and harmful experiences, ranging from minor misuse of power and bullying to sustained and systematic physical and sexual abuse of the most serious kind. Children's negative experiences of sport was the main focus of this study.

Examples of negative experiences highlighted in the literature include (Brackenridge, 2001, Fasting, 2005):

- Authoritarian, abusive, aggressive and threatening behaviour
- Disrespectful treatment, including criticism and mockery of the child's performance, and victimisation
- Over-training and excessive physical demands
- Ill treatment by over-aggressive and undermining parents
- Bullying

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<sup>1</sup> **Organised Sport:** Organised sport was defined in the study as sport that is voluntary, takes place outside school hours and includes an element of training or instruction by an adult. It did not include PE and informally arranged sport such as 'kick-about' with friends. It did include extra-curricular sport at school, for example playing in the school team or being part of a club, based at school but taking place outside ordinary PE lessons.

- Physical abuse
- Emotional abuse
- Grooming by paedophiles
- Serious and sustained sexual assault and abuse.

This study set out to investigate these issues and develop a greater understanding of the potential negative treatment of children in organised sport in the UK. Funded by NSPCC, the study was important because:

- While the family is the setting for most maltreatment and abuse of children by adults, physical abuse, emotional abuse, and, in particular, sexual abuse, are all experienced outside the family in other settings (Radford *et al.*, 2011 ). Sport is an activity engaged in by many children in the UK (Sport England, 2003b, Sports Council Wales, 2006, SportsScotland, 2008a) and therefore, it is important to examine negative and harmful experiences of children in this setting
- Prior research has been conducted on aspects of child maltreatment in sport in the UK (Brackenridge, 2001, Myers and Barret, 2002, Gervis and Dunn, 2004, Hartill, 2005, Stirling, 2008). However much of it has tended to focus on particular forms of harm, or on particular sports, or on the experience of elite athletes. Research examining the range of negative experiences that may be faced by children across sports and at all levels of participation is limited
- Research in the UK focusing on children's and young people's views about the negative experiences of sport is also limited.

## 2 AIMS OF THE STUDY

The study aims were to:

- Address the gap in the literature about harm to children in specific settings, in this case sport
- Investigate the range of maltreatment and negative experiences children might face in sport settings
- Explore the negatives of participating in sport
- Provide information to assist in the development of policy about child abuse in sport
- Provide information to Sports Governing Bodies and others involved in the delivery of sport to children about the harm to children and young people in organised sport (club level and above), enabling them to more effectively target policy, resources, training and support.

### 3 THE STRUCTURE OF THE REPORT

In part one of the report we provide some context information for our study. We review relevant literature on children's negative and harmful experiences of sport. Further review of relevant sources is also provided in the relevant chapters of the report. We also describe methods used and consider ethical issues involved in asking young people about potentially negative and harmful experiences of sport.

In Part II of the report we present the findings from our research around the following categories explored in the survey:

- Study participants
- Participation in sport including the range of sports participated in
- Emotional harm
- Body image
- Self-harm
- Sexual harassment, sexualised behaviour and sexual harm
- Physical harm.

In Part III we present our key findings.



# CONTEXT

This chapter sets out the international and domestic context for the study. We highlight findings from other studies and policy relevant to protecting children in sport settings. We make reference to child protection literature in general and to studies specific to the protection of children in sport. We then briefly consider some recent policy developments in this area over the last few years designed to guide the practice of those involved in youth sport. We also provide information about children's participation in sport in the UK. Information about specific forms of harm (physical, emotional and sexual) is discussed in individual chapters.

## 4 THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

We begin by making reference to The United Nations Convention on the Rights of the Child (UNCRC) which was ratified by the UK government in 1991 (United Nations, 1989). An important international instrument, it sets out the minimum standards for the care, welfare and protection of children in countries which have ratified it. The Convention is relevant to the care and protection of all children in all sectors of society and as such has relevance for the well being of children in sport. While the Convention does not directly refer to sport, Article 19, which sets out children's rights to protection against maltreatment and exploitation against abuse, neglect and violence is directly relevant. Article 31 confers on children the right to leisure, play and a cultural life and as we shall see as the story of children's treatment in sport unfolds, Article 12, which confers on children the right to have their views taken into account and given due weight in accordance with their age and maturity takes on particular significance.

## 5 CHILD PROTECTION IN THE UK

Academic literature on the extent of child abuse in the UK is limited. Official data records only what is known to authorities. Few population-wide studies have been conducted in the UK. This was remedied to some extent when the NSPCC commissioned the first major UK study into the extent of abuse in the general population in 1999 (Cawson *et al.*, 2000). A new prevalence study has been conducted by the NSPCC and will be published in 2011, providing much needed new information about harm to children in all settings (Radford *et al.*, 2011 ). The recent study gathered information from 6,196 respondents which included 2,160 parents or guardians of children under 11, 2,275 children and young people 11–17, and 1,761 young adults aged 18–24 about childhood experiences, including experiences of physical, sexual and emotional abuse inside and outside the family. It concluded that:

- One in twenty (4.8%) of 11 to 17 year olds had been sexually assaulted, either by an adult or another child or young person. Three per cent of children had been raped or forced into sex by another child and two per cent had been sexually abused by an adult.

- In relation to child sexual abuse perpetrated by adults not in the family home girls were far more at risk than boys (1.6% of 18 to 24 year old males and 9.2% of 18 to 24 year old females reporting retrospectively sexual abuse as children, 0.7% 11 to 17 year old males and 2.2% 11 to 17 year old females reporting childhood sexual abuse by an adult not living in the family home)
- Males were the most frequently reported perpetrators of sexual abuse by adults not living in the family home
- Males were the most frequently reported perpetrators of physical violence by adults not living in the family home
- While common understanding of child sex abuse is that it takes place within the family or else is 'stranger danger', young people also reported experiencing sexual abuse from trusted adults known to them but not necessarily related. The NSPCC prevalence study found 1.8% of the young adults reported retrospectively sexual abuse by a neighbour or a family friend (0.2% of those aged 11 to 17 reported this) and 0.6% of young adults reported retrospectively sexual abuse by an adult from an organisation such as a teacher coach or youth leader (0.3% of 11 to 17 year olds reported this). One per cent of young adults reported sexual abuse by a parent or guardian (0.1% of those aged 11 to 17 had experienced this), 0.8% by non resident adult relatives (0.2% for children aged 11 to 17) and 2.8% by unknown adults (0.8% for those aged 11 to 17) (Radford *et al.*, 2011 )

## 6 CHILD ABUSE IN SPORT

While some work has been previously conducted into the nature and extent of abuse of children in other settings, for example residential child care settings (Skinner, 1992, Gallagher, 2000, Department of Health, 2001), the nature and extent of abuse of children in sport is still not well understood. There has been little academic research looking directly at the extent and range of abusive experiences faced by children participating in sport.

The current NSPCC prevalence study did not ask specifically about children's experiences of abuse in sport, but some information about the nature of harm likely to be faced by children in sport can be gleaned from it. Young people surveyed for the prevalence study very rarely reported abuse by professionals such as teachers or social workers. The majority of 'trusted adults' who perpetrated sexual abuse were family friends or neighbours. Young people were not specifically asked about abuse by sports coaches but were asked about grown ups they knew from organisation such as a teacher, coach or youth group leader. A specific question on sexual abuse by an adult in a position of trust was used in the current study. Two young adults specifically reported a sports coach.

While our study is not a prevalence study, it did set out to address some gaps in the NSPCC prevalence study about maltreatment of children in sport settings. Despite the absence of definitive data there is some indication that the level of abuse in sport settings is at least as high and may be higher than in the population as a whole. For example:

- Insights into negative sexual experiences in sport settings can be gleaned from the body of research that exists on the sexual harassment and abuse of women in sport (Brackenridge, 2001, Fasting *et al.*, 2002, Leahy *et al.*, 2002, Fasting *et al.*, 2004, Fasting, 2005, Fasting *et al.*, 2007, Fasting *et al.*, 2008). This literature suggests that it is the close personal relationships of trust developed between athletes and coaches and the often highly competitive nature of relationships between athletes that can leave some individuals vulnerable to abuse. In the case of children where there is an inevitable imbalance of power between coach and athlete, these effects could be exacerbated. This literature also contains insights into the range of sexually abusive practices that might happen to children in sport, including sexual bullying between athlete and coach and between athlete and athlete, sexist jokes and language, and the use of sex to control athletes
- Information is also beginning to emerge from inquiries into abuse of children in relation to specific sports. Much of this has been initiated in response to high profile prosecutions and publicity around specific cases. For example, the events surrounding the prosecution of Paul Hickson, a former Olympic swimming coach, triggered the NSPCC study 'In at the Deep End' (Myers and Barret, 2002). It looked at 78 cases of alleged child abuse made to the Amateur Swimming Association over a four year period and found that there was a 'significant minority of children and young people suffering sexual, emotional and verbal abuse at the hands of those in respected and powerful positions within the sport', and that in the case of child sexual abuse there can be a process of grooming by coaches who manipulate the relationship developed over a period of years. The report also suggests that these insights are not specific to swimming and can probably be generalised to other sports
- Evidence also indicates that sexual abuse is relatively rare compared to other forms of harm children may experience in organised sport, such as physical or emotional abuse, or neglect. For example, analysis of 132 abuse allegations made to the Football Association between 1999 and 2002, found that allegations of emotional abuse, bullying and physical abuse were much more prevalent than allegations of sexual abuse, 'challenging the dominant discourse about paedophilia in sport and pointing to other child protection priorities' (Brackenridge *et al.*, 2005)

## 7 THE POLICY CONTEXT

Accompanying high profile cases of abuse in sport has been the rapid development of child protection and safeguarding policy in sport over the past 10 years. Prior to the arrest and conviction of Paul Hickson in the 1990s there was little recognition of the problem. Indeed, before 2001, around one quarter of sports' governing bodies had child protection policies and strategies in place. Fewer than 10% of coaches and only 3% of sports volunteers were being police checked (Conn, 2005) Since then, policy development to safeguard children in sport has progressed rapidly.

## 7.1 International Policy

In 2007, the International Olympic Committee (IOC) adopted two consensus statements relevant to child protection in sport: 'Sexual Harassment and Abuse in Sport' (Ljungqvist *et al.*, 2008) and 'Training the Elite Child Athlete' (Mountjoy, 2008). Sport-specific international bodies also have policies designed to protect child welfare; for example, Article 19 of FIFA's transfer regulations, which regulates the transfer of young footballers. (FIFA, 2007). Furthermore, in 2010, the International Alliance for Youth Sport published its Child Protection Recommendations, aimed at assisting children's sports organisations across the world with planning and implementing policies to prevent child abuse (International Alliance for Youth Sport, 2010). The recommendations are promoted internationally through their inclusion on [www.sportanddev.org](http://www.sportanddev.org), an international platform on sport and development, with a mission to share knowledge, build good practice, facilitate coordination and foster partnerships between and within different stakeholders.

Despite some progress at the international level, Brackenridge (2008) highlights a range of reasons why knowledge and prevention work regarding abuse and harassment in sport has been limited. In summary, these are (Brackenridge, 2008):

- **Low levels of awareness and political support:** For example, denial of the possibility of sexual violence or abuse occurring in sport; a sense of inevitability that there will be a 'casting couch' system for aspiring athletes; refusal to sanction research or policy development on the grounds that it would bring sport into disrepute.
- **Geography and coordination:** For example, a lack of information sharing between countries due to language differences; only recently acknowledged by the various international sport authorities of abuse in sport, so it has not appeared on their research or policy agendas.
- **Variation in definitions and legislative requirements between and within countries:** For example, national variation in the age of consent, making it difficult to arrive at a common set of concepts of athlete welfare and protection.
- **Limited resources:** Many countries have very limited resources for sport development and prefer to channel these into performance enhancement work such as coaching or talent development rather than research.
- **Links to international federations:** Not all sport delivery agencies are affiliated to international sport federations. Even those that are, do not necessarily have to abide by agreed standards of child welfare or athlete protection.
- **Ability to share (confidential) information between and within countries and organisations regarding offenders:** There is no agreed protocol for the sharing of information between nations about alleged or convicted offenders in sport. As a result, some convicted former coaches have been able to move between countries and keep coaching. This is supported by Turner and McCrory (2004: 107), who point to the importance of international data-sharing:

When someone is charged with an offence, it is depressingly common to find a long trail of similar allegations (which were never reported or acted on) when the previous employers around the country/globe are contacted.

- **Human rights orientation:** Notwithstanding the almost-universal acceptance of the United Nations Convention on the Rights of the Child (United Nations, 1989), different countries adopt very different operational interpretations of children's rights in sport, leading to a wide spectrum of cultural practices and norms. In short, what is regarded as child abuse in sport for one country might be regarded as normal elite coaching in another (David, 2005).

## 7.2 National Policy Development and Standards for Safeguarding and Protecting Children

Established in 2001, the Child Protection in Sport Unit (CPSU) is a partnership between the NSPCC, Sport England, Sports Council Northern Ireland and the Sports Council for Wales. Its counterpart in Scotland, Safeguarding in Sport, is a partnership between Children 1st and sportscotland. Both work with governing bodies and other organisations to minimise risk to children in sport. Their work includes developing practical resources for sports organisations; developing training programmes for child welfare in sport and providing advice to sports organisations and others.

An important output of these partnerships has been the development of national standards or frameworks for each of the home nations, setting out good practice in safeguarding and protecting children in sport. Set within the context of generic safeguarding and child protection policy established in the last decade by the UK government and by each of the devolved parliaments or assemblies in Scotland, Northern Ireland and Wales, each of the nations has developed different standards or frameworks. There are also differences in the extent to which the standards or frameworks are mandatory or voluntary. A common theme, however, is that each expects organisations to have policies and procedures in place to protect and safeguard children.

### *a. England*

First published in 2003, Standards for Safeguarding and Protecting Children in Sport outlines ten overarching standards intended to be relevant to sport at all levels (Sport England, 2003a) The standards concern:

- Policy
- Procedures and systems
- Prevention
- Codes of practice and behaviour
- Equity
- Communication

- Education and training
- Access to advice and support
- Implementation and monitoring
- Influencing.

These standards are mandatory for sports' National Governing Bodies (NGBs) and for County Sport Partnerships (CSPs) and working towards them is a condition of grant aid from Sport England.

Published in 2010, 'A Call to Action' (Child Protection in Sport Unit, 2010) presented the CPSU's updated vision for all those concerned with the safety and welfare of children in sport. It reported considerable progress by NGBs and CSPs in England towards meeting these standards. It also set new targets for NGBs, CSPs and other organisations to be reached by 2015.

### *b. Northern Ireland*

Sport Northern Ireland makes grant aid to any Sport Governing Body conditional on the achievement of a satisfactory level in its safeguarding standards, and they are mandatory for all Northern Ireland based governing bodies. Governing bodies are assessed against six individual strands:

- Safe recruitment and selection
- Effective management of staff and volunteers
- Reporting concerns
- Code of behaviour
- Sharing information
- General safety and management of activities.

In 2010, Sport Northern Ireland, in conjunction with the CPSU and the Irish Sports Council, produced a Club Framework for Safeguarding Standards in Sport to allow individual clubs to assess their progress towards achieving best practice (Sport Northern Ireland, 2010).

### *c. Wales*

'A Framework for Safeguarding and Protecting Children in and through Sport in Wales', (Sports Council Wales, 2006) was developed as an aid to assist organisations in pursuing best practice. The framework sets out five non mandatory standards that sports organisations should demonstrate they undertake at all levels of sport.

- Policy
- Procedures
- Practices

- Education and training
- Implementing and monitoring.

Ten Sports Governing Bodies in Wales have piloted the framework and a further 10 will join in 2011, as part of an ongoing evaluation.

#### *d. Scotland*

The '2006 Accord for the Protection of Children in Scottish Sport' (Child Protection in Sport Steering Group, 2006) presents a support framework to help organisations work towards recommended good practice in protecting children. Within 12 months of signing up, organisations are encouraged to produce an action plan setting out how they intend to achieve standards in the following areas:

- People
- Policies
- Procedures and practices
- Participation
- Partnerships.

Achievement of the standards is not mandatory in Scotland. However, all organisations involved in sport for children are expected to sign up to the Accord and sportscotland requires all lottery-funded sport governing bodies to sign up.

## 7.3 Implications of UK-wide Policy for this Research

Over the past decade, there has been new policy development work addressing the issue of child safety in sport. Most organisations involved in organised sport across the UK are operating within the context of carefully developed standards to assist them in properly addressing issues of safeguarding and protecting children.

Our research asked young people aged 18–22 to describe their experiences of sport as children. For many of them, these experiences will have taken place before or during the period where much of this new work was developed and established. This should be borne in mind when reading our report; and it implies a need for further research to determine the impact new standards and frameworks have had on young people's sporting experiences.

## 8 THEORISING ORGANISED SPORT AS A CONTEXT FOR ABUSE

Although often presented as a panacea to societal problems, such as obesity and deprivation, research has challenged ideological assumptions that sport is wholly positive and beneficial (Coakley, 2007). Over the past twenty-five years, a growing body of work has begun to probe athletes' negative experiences of sport. This has included increasing awareness of harm incurred through sports participation; excessive pressure and stress which young athletes may experience, particularly at elite level (Coakley, 1992, David, 2005); maltreatment of athletes (Stirling, 2008); and the homogeneity of sporting culture, with differential experiences based on class, ethnicity, gender, sexuality and disability (Killick, 2009). Recently, competitive youth sports have been critiqued from a children's rights perspective (David, 2005, Farstad, 2007):

Gervis and Dunn (2004) have highlighted the importance of coach-athlete relationships for child elite athletes. They found child athletes are training longer and harder, and spend more time with coaches. They may perceive the relationship as more important than that with their parents. Coaches' investment in athletes may be related to their own career advancement.

The intensity of coach-athlete relationships has parallels with personal relationships. The ambiguity of the relationship may extend beyond a professional relationship into a personal relationship:

The potential for abuse and violence increases in situations where intense relationships exist between children or young people and adults who have considerable influence over them. Such relationships often develop in competitive sports when sports coaches and their students spend long hours together. Much of their time is spent together at conventions and in hotels away from home and away from parental control (Farstad, 2007).

While much research on harm in sport has tended to focus on that perpetrated by coaches, perpetrators may be other authority figures, including medical staff, administrative staff, janitors or bus drivers (Brackenridge, 2001). In their analysis of abuse cases in UK swimming, Myers and Barrett (2002: 8-10) found 54 (68%) alleged abusers were either club coaches or swimming teachers, but other abusers included officials and committee members. The authors note parallels between these cases and knowledge about abuse in residential care settings, which has highlighted the danger of charismatic and powerful individuals (Utting *et al.*, 1997). In addition to our knowledge of adult child abusers, there is increasing acknowledgement of peers as potential perpetrators of harm within sports settings (David, 2005, Brackenridge, 2006, Brackenridge *et al.*, 2006), although research on peer to peer abuse among young athletes is scarce.

Although research on harm in youth sport is currently dominated by a focus on male perpetrators, the wider field of child abuse literature provides evidence of female perpetration of various forms of harm (physical, emotional, sexual and neglect). Currently there is minimal empirical data regarding women's perpetration of harm in sport but it remains the case that coaching and high organisational positions in sport remain held mainly by men.



It is important to note that due to the positive relationships that can develop through sport, sports clubs may be a place for young people to disclose abuse or to be recognised as suffering abuse beyond the sports context. For example, in their analysis of abuse allegations in UK swimming, Myers and Barrett (2002) found a minority of case files (14%) concerned abuse by people external to swimming, such as a parent or school teacher.

Further insights into the themes raised above in our review of the literature are offered by our study and explored further in the following sections.

# RESEARCH DESIGN, METHODOLOGY AND ETHICAL CONSIDERATIONS

## 9 INTRODUCTION

Our study comprised both quantitative and qualitative elements. It gathered online survey data from large numbers of young people across the UK about their experiences of sport as children; and follow-up telephone interviews with a subset of young people who completed the survey.

## 10 ETHICAL CONSIDERATIONS

We begin by highlighting some of the ethical challenges involved in undertaking a study concerned with surveying and interviewing young people about negative, harmful and potentially abusive experiences of sport. While our research did not directly ask children about their experiences of abuse, we were aware that exploring issues of child abuse with young adults still raised complex ethical issues in relation to confidentiality, anonymity, and child protection. For these reasons, the safety and welfare of survey respondents and interviewees was a priority for the research team. In both the design of the study and its execution, we gave careful consideration to the ethical issues involved. Ethical approval for the study was obtained from NSPCC's ethical approval committee and from the University of Edinburgh Moray House School of Education Ethics Committee. The authors were experienced in managing and conducting research with vulnerable people on sensitive topics including identifying and dealing with child protection concerns (Stafford *et al.*, 2007, Stafford *et al.*, 2009)

### 10.1 Care and Welfare of Young People Involved in the Online Survey

Prospective participants in the study were contacted by email with a link to the online questionnaire. We were aware the survey contained some questions with potential to cause awkwardness, embarrassment and even some distress to those contacted. We took great care to prepare respondents before they entered the survey.

The email letter to students was sent from the Director of the Child Protection Research Centre explaining the importance of the study and providing the opportunity to make direct contact with her to voice concerns. Further information about the study was available on the Centre's website. The sport page in the CLiCP website received 1,575 views in October 2009 during the time the survey was open.

At the beginning of the questionnaire, and at various points throughout it, respondents were alerted that some questions may ask about potentially harmful experiences in sport.

Survey respondents were asked to indicate consent. The consent question was a 'must answer' question. Respondents were asked to confirm they understood the nature of the survey and wished to take part. Only those answering 'yes' to the consent question proceeded to the full questionnaire.

## 10.2 Care and Welfare of Young People involved in Interviews

Follow-up interviews with young people raised other safety and welfare issues. Interviews were conducted with young people over the telephone. The pros and cons of this for the study are discussed later in this section. In terms of young people's welfare, there were also positives and negatives. Telephone interviews can allow interviewees more control over the interview than a face to face interview. Young people can choose not to answer the phone in the first place, they can tell the interviewer that the time is not convenient, or they can simply hang up to end the interview. The telephone also provides interviewees with a certain privacy and anonymity not afforded in a face to face interview. This can make it easier for interviewees to disclose sensitive information. On the other hand it can also create a certain distance between interviewee and interviewer and we note this as a limitation of the research.

As in the survey, interviewers took care to prepare young people for the interviews. Clear, simple information about the purpose of the study and about the interview was provided. Respondents were also told that some questions had the potential to be experienced as distressing. Interviews were arranged at times that suited young people and researchers asked interviewees to ensure they were in a private quiet place when the interviews took place.

Before beginning, consent to interview was obtained and checked. Interviewers used information already provided in the survey form to carefully prepare for the interview. Young people were informed that they could refuse to answer any question and could stop the interview at any point. Confidentiality and the limits to it were carefully explained (discussed more fully in the section on child protection below). Young people were informed that information provided might be used and/or referred to in the research report but would not be attributed. Permission to record the interview was sought.

## 10.3 Child Protection

The study did not directly ask children about their experiences of abuse; rather young adults were asked to reflect on their experiences as children. However, since the topic under discussion was harm experienced in childhood, child protection was a key consideration for the research team. We were aware that the study had the potential to raise child protection concerns in a number of ways. For example interviewees might disclose information about the identity of an abuser, or about situations where an abuser might remain a risk to other children. The research team were experienced in dealing with child protection issues arising in a research context. Interviewers were asked to discuss any child protection concerns arising with the Principal Investigator (PI) on the Project. A senior child protection professional working for a local child protection organisation was identified and acted as a child protection consultant to the Principal Investigator on the project.

## 10.4 Experience of the Research Team and Care in Preparing Researchers and Interviewers

Interviews were undertaken by the core research team and four externally commissioned researchers. All of the external interviewers were experienced researchers, well known to the authors, and in the case of three of them had worked alongside the authors on previous studies. All had conducted interviews either directly on child abuse or worked in studies focussing on other vulnerable groups. All were educated to university level and/or worked or had worked in a University or independent research agency setting.

External interviewers received a pack of information about the research, including briefing material, leaflets outlining the aims and objectives of the research and the role of interviewers. This covered topics such as privacy, confidentiality, child welfare and protection. A face to face briefing was also held with interviewees both as a group and individually. At the briefing, interviewers were taken through the interview schedule in detail; areas of possible sensitivity were dealt with thoroughly and the handling of particular questions discussed.

## 11 DESIGNING A METHODOLOGY FOR THE STUDY

The online survey targeted students from across the UK, who were approached and asked to reflect on their experiences, if any, of organised sport (up to age 16). The survey gathered information about negative and harmful experiences of sport, and in a second exercise, detailed information was gathered by telephone interview from a sub-set of young people who indicated both a willingness to be interviewed and some negative and/or harmful experiences of sport.

The study did not use a pre-validated standardised instrument, partly because no standard scale has been developed to measure types of harm specific to children in sport settings. In the light of this, an informal index of possible negative and harmful experiences children may face in sport was devised. This took account of our own prior knowledge of child abuse and neglect, other indices of conflict and violence, questions asked in the first NSPCC prevalence study, as well as information from other more qualitative studies of harm in sport. Consultation on our informal index was conducted with NSPCC colleagues, colleagues in the Child Protection in Sport Unit (CPSU) and other academic colleagues. The index was modified as a result: for example, information about peer to peer harm, hazing and about risks to young people from aggressive adults on the touchline and from spectators was included.

Rather than using pre-set definitions of abuse, the questionnaire was devised around the specific categories and types of harm contained in the informal index<sup>2</sup>: namely emotional harm; self harm; sexual harm; and physical harm.

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<sup>2</sup> **Types of harm:** For the survey, we defined emotional harm, self-harm, sexual harm and physical harm through sets of behaviours. In reporting our results, respondents experiencing any of these types of harm are those who said they had experienced at least one of these behaviours either 'once or twice' or 'regularly', in either their main or second sport. Within the text, we also make reference to definitions of these types of harm from existing literature.

## 12 THE ONLINE SURVEY

### 12.1 Representativeness

Firstly, we do not make claims for the representativeness of our sample. The research was based on a self-selecting group of young people, not a random population wide sample. While the study has not attempted to infer representativeness, our assumption is that with such a large achieved sample, the error would be low. Thus, our research is primarily descriptive, (so hypothesis testing, needing significance testing, would not be as applicable as in, say, the case of measuring the effects of an intervention). What we do have is a wealth of information from very large numbers of young people, and there is enough substance and commonality in what young people told us to provide important information for those involved in the policy and practice of organised sport for children.

### 12.2 Developing the Online Questionnaire

The decision to develop the questionnaire as an online instrument was taken for a number of reasons, including:

- Ease of completion and minimising respondent error
- Ease of accessing a very large online population of young people across a wide geographical area
- Data collected online can be directly imported into SPSS for increased ease and accuracy of analysis, and minimising human error in data input
- Ease of delivery over a wide geographical area
- Ease of monitoring fieldwork.

The questionnaire was developed using SNAP survey software and was piloted with twenty students in the study age group. All were interviewed after testing and the questionnaire amended to take account of comments; then re-tested with a different group of students.

The most significant change resulting from the pilot process concerned the decision to ask respondents about participation in both a main and a second sport, rather than a main sport alone. Feedback from respondents from the pilot suggested young people felt constrained reporting on only one sport since many participated in more than one. A decision was made to gather data about young people's experience of a second sport. This had the effect of almost doubling the amount of data gathered from young people in the survey.<sup>3</sup>

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<sup>3</sup> A copy of the online questionnaire is available at Appendix 1.

## 12.3 Questionnaire Content

The questionnaire gathered detailed information about young people's experience of harm in up to two sports, their 'main sport' and 'second sport'. Organised sport was defined in the study as sport that is voluntary, takes place outside school hours and includes an element of training or instruction by an adult. This definition was supported by a predefined list of sports from which respondents were asked to choose their main and second sport (see Appendix 1). The list was derived from a list supplied by the Child Protection in Sport Unit. It was amended following the first phase of the research in Edinburgh (see below). The main change was the addition of dance, which not included in the initial pre-defined list. While dance might be considered to fit more closely into the category of the performing arts, it shares features with aesthetic sports such as gymnastics, figure skating and synchronised swimming. More importantly for this research, the majority of young people who ticked 'other' for their sport were dancers. Young respondents clearly considered it to be a sport and wanted to describe their experience in dance.

The following broad categories of harm were considered:

- emotional harm including teasing, bullying and humiliating treatment
- self-harm
- sexual harm including sexual harassment, sexual abuse and organised abuse
- physical harm including training while injured or exhausted and aggressive and violent behaviour.

Harm to children through the internet and the inappropriate use of images of children have emerged as concerns for the police and for individuals and agencies concerned with child protection. The questionnaire also sought to gather information on these issues. It also sought to determine whether young people had had any contact with drugs intended to boost performance. In addition, the questionnaire sought information on the impact of sport on the body image of young participants. Previous research has indicated that emotionally abusive coaching practice can include inappropriate comments about the weight and physical appearance of young athletes (Stirling and Kerr, 2008), implying a relationship between athletes view of themselves and their bodies and their experience of sport.

The questionnaire was long and care was taken to find techniques to facilitate ease and accuracy of completion. This included the use of complex routing to ensure questions were based on respondents' answers earlier in the survey. In addition, we decided to limit the number of 'must answer' questions to enable respondents to move quickly through the questionnaire. Speed of completion was also facilitated through the use of simple language and by ensuring explanations and detailed instructions were kept to a minimum. In asking the questions we did not define our language except in cases where the words might be unfamiliar, for example 'hazing'. Respondents' own understanding of terms such as 'once or twice', 'regularly', or 'most of your childhood', determined the answers they gave.

In addition to tick-boxes, the questionnaire employed free text boxes to enable respondents to provide additional detail about each section. Providing rich data in its own right, this also

provided useful information for the design of the interview schedule for the interview phase of the research.

The questionnaire also asked young people if they would be prepared to be followed up for interview. Respondents answering 'yes' to this question were asked to provide their contact details. To encourage response and to thank young people for taking time to participate, the questionnaire included a link where students could be entered in a prize draw to win laptops, iPods and tokens. This information was held separately from the main survey information.

## 12.4 Survey Fieldwork

The first phase of the survey took place in Edinburgh in November 2008. Operating as an extended pilot, the University of Edinburgh provided permissions to bulk email the undergraduate population. This led to an achieved sample of 1,000. Unfortunately, at the point of contacting other universities for permission to email students, Higher Education institutions across the UK were considerably tightening arrangements for granting permission to bulk email students. This was based on student feedback about being saturated with emails. Despite efforts of senior colleagues in many different institutions, the research hit a major permissions set-back at this point. This also coincided with the end of the student year.

Ultimately the survey was delivered to the entire cohort of students on the National Union of Students (NUS) database of 250,000 student members. NUS set out the email with a personal letter from the Director of the Centre and with a link to the survey<sup>4</sup>. The database included students from both higher and further educational institutions across the UK thus providing certain additional advantages than originally envisaged, including greater geographical reach and, through its inclusion of FE students, young people from a wider range of socio economic backgrounds.

The main survey was issued in early October 2009 with a reminder email being sent a week later. In total, 8729 survey returns were received with an achieved sample of 6124. This figure was reached after excluding the following categories of non-qualified respondents:

- People who said they did not participate in sport
- People who ruled themselves out at the consent question
- People who were over 22
- People who said they had spent most of their childhood outside the UK.

In the design of the questionnaire, care was taken to minimise non-qualified returns and to ensure that people who were not in the target group for the survey were screened out before they completed a detailed questionnaire.

The largest group of non-qualified respondents were those who said they did not take part in organised sport as children. The email which contained the link to the survey and all supporting information made clear that we were interested in the experience of young people

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4 Sent to all students on the NUS data-base excluding Edinburgh University students who had already been surveyed.

who had participated in organised sport as children. The first question in the second section of the questionnaire asked respondents to confirm their involvement and gave them the definition of organised sport used in the research. This was one of the very few ‘must answer’ questions in the survey and approximately 20% of respondents said they did not take part in organised sport and were asked no further questions.

The consent question, appearing on the third screen of the form, was another ‘must answer’ question. Here respondents were asked to confirm they understood the nature of the survey and wished to take part. Only those answering ‘yes’ to the consent question proceeded to the full questionnaire. Approximately 2% of respondents ticked ‘no’ to this question and were asked no further questions.

The consent question also asked respondents to confirm that they were aged between 18 and 22, and that they had not spent most of their childhood outside of the UK. Around 8% of respondents agreed to the consent question but later in the questionnaire indicated that they were either over 22 or had spent most of their childhood outside the UK. These respondents were excluded from the analysis.

The SNAP survey data was exported into and analysed using SPSS.

## 13 INTERVIEWS

### 13.1 About the Interviews

In-depth telephone interviews were conducted with 89 young people identified through the survey who indicated some experience of harm. The aim of the interviews was to provide more contextual detail about experiences of harm reported in the survey and to explore young people’s experiences of this.

More than 800 respondents to the questionnaire indicated they were willing to be interviewed. Potential interviewees were selected on the basis that their survey return showed they had experienced some harm in sport as children. Further priority was given to those who had experienced any sexual harm, because numbers experiencing any sexual harm were small and we wanted to find out more about the experiences of those who did report it. We also gave priority to those who indicated they had experienced harm in two or more areas.

In all, 310 respondents were contacted by email to determine if they were still willing to be interviewed and were offered a £10 Amazon gift certificate to thank them for giving up their time. As a result, 119 telephone interviews were arranged with young people. Interviewers made up to three attempts to complete an interview, after which it was assumed the prospective interviewee no longer wished to participate. Eighty-nine interviews were successfully completed; 61 with young women and 28 young men.

The interviews were guided by a semi-structured interview schedule (see Appendix 2). The schedule was modular in structure to allow each interview to be tailored to the specific information provided by each interviewee in their questionnaire return. The questions



mirrored the themes covered in the online survey but provided young people with the opportunity to provide more detail, explain the importance of sport in their childhoods and describe their feelings about the experiences they disclosed in their questionnaire return. The interview also allowed for exploration of issues not explored in the survey including: the extent to which respondents were aware of other children having negative experiences, respondents' involvement in perpetrating harm to others, and parents' role in encouraging or discouraging sport participation. In addition, while the questionnaire allowed respondents to describe their experience in two sports, the interview allowed for the discussion of their experience in as many sports as the respondent participated in and wished to discuss.

All interviews were digitally recorded. A template was produced and used to write up interviewer notes immediately after interview. Around 40% of the interviews were transcribed verbatim, then coded and analysed using the software package N-VIVO. The remaining interviews were analysed manually, using the recorded interviews and interviewers notes. Two of the authors conducted the qualitative analysis. Each was responsible for discrete themes. Consistency in analysis was ensured through frequent meetings and discussion both before and during the analysis during which drafts were constantly amended.

## 13.2 The Pros and Cons of Telephone Interviews

We chose to conduct interviews with young people using telephone rather than face to face interviews. We did this for a number of reasons. While we were aware from prior literature of the disadvantages of using the telephone for research interviews, the advantages are also well documented (Opedenakker, 2006, Stephens, 2007, Holt, 2010). On balance, we decided that for our study, the pros of telephone interviewing outweighed the cons.

Our decision to conduct telephone interviews was made partly for pragmatic reasons. Our survey respondents were spread across the UK. Contacting numbers of young people for interview and sending interviewers to each part of the UK would have been difficult on cost grounds. In addition there were reasons intrinsic to the study which pushed our decision in the direction of telephone interviews. The authors had used telephone interviews in research on sensitive topics with some success in other studies (Allnock *et al.*, 2009, Stafford *et al.*, 2009). Information from other studies endorses our experience that telephone interviewing on sensitive topics can provide interviews with a level of privacy, anonymity and control not afforded in a face to face interview (Holt, 2010). For example, where the content of the interview could potentially be experienced by young people as embarrassing, awkward and potentially distressing, an interview mediated by the telephone has the potential to make the interviewee feel less awkward. The interviewee may also feel freer to terminate the interview by hanging up. The decision about whether or not to answer an incoming call also provides some control for the recipient. On the negative side, prior research has also noted that unlike face to face interviews, the telephone can deny the interviewer access to visual clues (Sturges and Hanrahan, 2004, Opedenakker, 2006, Stephens, 2007, Holt, 2010).

Another disadvantage of using the telephone to interview on sensitive topics is that it limits the ability of the interviewer to comfort an interviewee if they become distressed. As explained earlier, all care was taken to prepare very carefully for each interview, to build a rapport with

interviewees, and to conduct the interview at the pace of and on the terms of the interviewees, thus minimising the potential of causing distress to participants.

Sturges and Hanrahan (2004) note that researchers who have compared telephone and face to face interviews have generally concluded that telephone interviewing is an acceptable and valuable form of data collection, with some studies showing some variations in data quality on sensitive topics, and others reporting no significant differences. Most studies have compared these methods for quantitative interviewing. For practical reasons, in their own research examining the visiting procedures at county jails in a state in the US, Sturges and Hanrahan conducted half of their semi-structured in-depth interviews by telephone and half face to face. This provided them with the opportunity to compare the quality of the data obtained from each of these methods in a qualitative study. They found there was little difference in the responses in terms of quantity, nature and depth of response between the two types of interviewing (Sturges and Hanrahan, 2004).

## 14 SOME LIMITATIONS OF THE STUDY

As with all research, the current study had certain limitations. Some of these were inherent in the methodology; others were specific to the response achieved for this study:

- We are aware of the limitations of relying on young people's retrospective views as a proxy for children's views and experiences. On the one hand, we know that retrospective recall can be flawed and that it is possible that respondents can fail or forget to report. On the other hand, young adults, being close in age to children, are not being asked to recall experiences too far in the past. This may also make it easier for some to mention abusive experiences from the relative safety of young adulthood (Cawson *et al.*, 2000).
- Young people taking part in the survey were aged between 18 and 22. They were asked to consider their experiences in sport up to the age of 16. The experiences they described may have taken place as recently as two years before they completed the survey, but could potentially have been considerably more distant. Some of our findings may relate to the period before the policy development work described in the previous chapter had taken place.
- With many large online surveys, the target population is difficult to discern. In the sport study case, the link to the online survey was emailed to 250,000 students on the NUS database with a reminder email sent one week later. The number of students who received, opened and read the email is unknown. The NUS predict a standard 3% response rate to standard mailings, which are typically of a marketing nature. In our study a response rate of under 1% was achieved.
- The questionnaire was long and somewhat complex in comparison to most student mailings which could account for the response rate, i.e. respondents might balk at the length and abandon before completion. Despite this, over 6,000 valid responses were received when disqualified responses were removed (see above).

- In order to ease completion of a long questionnaire, we chose to include very few 'must answer' questions. It was possible, therefore, for participants to skip questions or elements of them. In the sections on harm, non-response has been assumed in the analysis to indicate a 'never' or 'no' response.
- The sample was self-selecting not random. The study has not attempted to infer representativeness of a population, however, our assumption is that with such a large achieved sample, error is minimised.
- As the survey was essentially an opt-in exercise, young people who were sent a link to it were under no obligation to complete the questionnaire. We do not know what motivated those who completed it. It may be that young people who had particularly negative experiences were more motivated to complete the questionnaire, in which case the research could overstate negative experiences. On the other hand, young people whose experience of sport was very positive may have been more motivated to respond, in which case negative experiences could be understated.
- Male respondents are under represented. Nearly three quarters of the respondents were young women. In part this reflects the gender imbalance of the current undergraduate student population. It may also be a reflection of girls being more likely to complete questionnaires. The absolute number of male respondents (n=1634) was however high enough to allow meaningful interpretation and comparison of the findings.
- The respondents comprised young people from a slightly higher socio-economic group than the population of young people as a whole, as they were drawn from a student population.
- The majority of people responding to the survey competed at above recreational level in their sports. This may point to the need for further research focussing on experiences of children at very low levels of participation – particularly the psychological impact of 'failing' to achieve certain targets within sport.

## PART II. CHILDREN'S EXPERIENCES OF ORGANISED SPORT

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### STUDY PARTICIPANTS

In this section we set out information about the sample of young people surveyed, including key characteristics of the sample, personal and family backgrounds, general information about the nature and level of enjoyment of participation in sport; and about level of sporting success attained.

#### 15 CHARACTERISTICS OF THE RESPONDENTS

Seventy-three per cent of survey returns were from young women and 27% were from young men. Table 15-1 to Table 15-3 provides further details about the sample. The survey reached students from every part of the UK although there was a higher proportion of students brought up primarily in England than students studying there.

Table 15-1: Childhood country<sup>5</sup>

Childhood country	%	Count
England	86%	5200
Northern Ireland	2%	133
Scotland	7%	435
Wales	5%	294
Total	100%	6062

Table 15-2: Country studying

Country studying	%	Count
England	79%	4777
Northern Ireland	2%	94
Scotland	12%	715
Wales	8%	463
Total	100%	6049

Ten per cent of respondents gave their ethnicity as something other than white, broadly in line with the proportion for the population as a whole (Table 15-3)<sup>6</sup>. Ninety-three per cent gave their sexual orientation as heterosexual or straight. Six per cent of respondents considered themselves to have a disability and 1% participated in disabled sport as children.

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<sup>5</sup> In this and subsequent tables, percentage columns may not total 100 due to rounding.

<sup>6</sup> Categories used to capture ethnicity were derived from Cawson *et al.*, 2000

Table 15-3: Ethnicity

Ethnicity	%	Count
White	90%	5452
Mixed	2%	142
Indian	2%	112
Pakistani	1%	60
Black African	1%	58
Chinese	1%	54
Black Caribbean	1%	49
Other	0%	26
Bangladeshi	0%	22
Asian Other	0%	22
Black other	0%	9
Don't Know	0%	3
Prefer not to say	1%	34
Total	100%	6043

## 16 CHILDHOOD FAMILY CIRCUMSTANCES

Respondents to the online survey were asked who they were brought up with for most of their childhood. By far the most common family structure was a two parent (or guardian) household (87%). Fewer than 1% had spent most of their childhood in circumstances other than a one or two parent family.

Our research used parents' educational background as a proxy for socio-economic status. The rationale for this, that respondents' current socio-economic status may not be a reliable indication of their households' status when they were children. It can also be difficult for children to reliably assess their parents' employment status. However, children do tend to know their parents' educational background (Cawson *et al.*, 2000).

Table 16-1: Parents' educational attainment

	Highest educational attainment	%	n
<b>Fathers education</b>	No formal qualifications	10%	622
	O level, GCSE, standard grade or equivalent	32%	1949
	A level, higher grade or equivalent	16%	959
	Undergraduate degree	21%	1271
	Post graduate qualification	12%	754
	Don't know	8%	490
	Total	100%	6045
<b>Mothers education</b>	No formal qualifications	6%	365
	O level, GCSE, standard grade or	36%	2183
	A level, higher grade or equivalent	20%	1186
	Undergraduate degree	22%	1331
	Post graduate qualification	12%	731
	Don't know	4%	256
	Total	100%	6052

Table 16-1 shows the highest educational attainment of the parents of respondents to the survey. Around a third of parents had an undergraduate degree or higher which is a considerably higher proportion than that the 21% reported to the Labour Force Survey of 2008 (Hughes, 2009). Ten per cent of fathers and 6% of mothers had no formal qualifications compared with 11% of parents in the Labour Force Survey.

## 17 PARTICIPATION IN SPORT BY SURVEY PARTICIPANTS

Existing literature shows that the most popular activities for 8-15 year olds in Scotland in 2005-2007 were football (52% at least once a month), swimming (37%), cycling (36%), dance (16%) and running/jogging (11%) (Sportscotland, 2008b). However, these activities do not always involve participation through a club. In terms of organised sport, judo and martial arts were the activities children in Scotland were most likely to be undertaking as members of a club, followed by shinty, dance and gymnastics (Sportscotland, 2008b). Sports with the biggest club memberships among young people in England in 2002 were football (15% of all young people), swimming (10%), and martial arts (6%) (Sport England, 2003b). In Wales, 78% of primary-aged children (7-11) and 73% of secondary-aged children (11-16) participated in club-based sport in 2004 (Sports Council Wales, 2006). The current research examined both club sports and extra-curricular sport in school and therefore revealed a slightly different profile from existing research.

Respondents to the online survey participated in over 40 organised sports as either their main sport or second sport (Table 17-1). A wide range of both individual and team sports were represented but just six sports were played by over 10% of respondents (swimming, netball, football, dancing, hockey and athletics). Unsurprisingly, there were gender differences in the sports participated in. For example, netball and dance were almost exclusively reported by girls, while football and rugby were predominantly played by boys. Of the top ten sports in the survey just athletics, tennis and badminton had similar proportions of boys and girls reporting participation.

When considering young people's experience of sport in the following chapters, some analysis will be presented by main and second sport<sup>7</sup> and in most instances this will be limited to the top seven sports reported in the survey. This includes all sports reported by over 10% of respondents. To this we have added rugby. Rugby union and rugby league were combined for the purposes of the survey and although reported by just 8% of participants as a whole, they were played by a quarter of boys as either their main or second sport. This makes rugby the second most popular sport among boys, after football.

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<sup>7</sup> **Main and Second Sport:** Respondents to the survey were asked to provide information about their main sport from a predefined list. They were subsequently asked if they participated in more than one sport and, if they did, were asked to give the sport they considered to be their second sport. They were given guidance to choose the sports they 'would consider to be the most influential in your life, either positively or negatively'.

Table 17-1: Sport participated in as main or second sport, by gender

Sport (main or second)	Gender					
	Total		Male		Female	
	%	n	%	n	%	n
Swimming	27%	1613	16%	259	31%	1354
Netball	22%	1307	0%	1	29%	1306
Football	20%	1192	46%	748	10%	444
Dancing	16%	999	1%	12	22%	987
Hockey	12%	713	7%	107	14%	606
Athletics (track and field)	11%	650	10%	158	11%	492
Rugby	8%	483	25%	407	2%	76
Badminton	8%	473	9%	155	7%	318
Tennis	8%	466	10%	159	7%	307
Gymnastics	7%	427	1%	19	9%	408
Martial Arts (excluding judo)	7%	426	9%	151	6%	275
Equestrian Sports	6%	362	0%	8	8%	354
Basketball	5%	284	7%	113	4%	171
Cricket	5%	284	14%	225	1%	59
Trampolining	4%	271	1%	15	6%	256
Baseball/rounders/softball	3%	165	0%	3	4%	162
Winter sports (eg skiing, snowboarding)	2%	118	2%	32	2%	86
Cycling	1%	79	2%	37	1%	42
Golf	1%	78	4%	58	0%	20
Other	1%	77	1%	21	1%	56
Sailing	1%	76	2%	32	1%	44
Mountaineering/climbing	1%	75	2%	31	1%	44
Judo	1%	74	2%	29	1%	45
Canoeing/kayaking	1%	65	2%	26	1%	39
Squash	1%	64	2%	36	1%	28
Rowing	1%	54	1%	12	1%	42
Fencing	1%	46	1%	23	1%	23
Volleyball	1%	45	0%	7	1%	38
Table tennis	1%	43	1%	21	0%	22
Archery	1%	39	1%	23	0%	16
Orienteering	1%	33	1%	15	0%	18
Lacrosse	0%	30	0%	3	1%	27
Figure skating	0%	22	0%	0	0%	22
Angling/fishing	0%	22	1%	13	0%	9
Roller skating/blading	0%	21	0%	4	0%	17
Shooting	0%	20	1%	14	0%	6
Boxing	0%	20	0%	7	0%	13
Ice Hockey	0%	16	1%	10	0%	6
Diving	0%	16	0%	2	0%	14
Gaelic sports	0%	15	0%	5	0%	10
Triathlon	0%	15	0%	3	0%	12
Water sports (eg waterskiing, windsurfing)	0%	14	0%	3	0%	3
Snooker/pool	0%	13	1%	11	0%	2
Bowling	0%	8	0%	5	0%	3
Wrestling	0%	5	0%	2	0%	3
Weightlifting	0%	2	0%	1	0%	1
Total	100%	6062	100%	1634	100%	4428

Respondents to the survey were asked to provide detailed information about their main sport and, if they competed in more than one, the sport they considered to be their second sport. Swimming was the most common main sport (15%) followed by football (13%), netball (12%), dancing (11%), hockey (6%) and rugby (5%).

Eighty-seven per cent of respondents to the survey said that they did more than one sport as a child. Swimming was also the most commonly given second sport (13%). It was followed by netball (11%), football (8%), athletics (7%), dancing (6%) and hockey (6%).

The majority of people who responded to the survey competed above a recreational level in both their main and second sports, although second sports were more likely to remain recreational (Table 17-2 below). Thirteen per cent of respondents to the survey competed nationally or internationally in their main sport and 5% in their second sport. Young women were more likely to say their main sport remained recreational (30% compared to 21% of young men) but apart from this, gender differences were minimal, with equal proportions of young men and women competing at elite level.

Table 17-2: Level achieved in main and second sports, by gender

Level		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
Main sport	Recreational/leisure	28%	1670	21%	335	30%	1335
	Local	33%	1974	37%	608	31%	1366
	District	27%	1627	29%	477	26%	1150
	National	11%	653	11%	179	11%	474
	International	2%	129	2%	34	2%	95
	Total	100%	6053	100%	1633	100%	4420
Second sport	Recreational/leisure	43%	2239	37%	514	45%	1725
	Local	35%	1796	38%	525	33%	1271
	District	18%	928	19%	265	17%	663
	National	4%	200	4%	61	4%	139
	International	1%	28	1%	8	1%	20
	Total	100%	5191	100%	1373	100%	3818

## 18 OVERVIEW OF HARM EXPERIENCED BY RESEARCH PARTICIPANTS

As a means providing a context for the following chapters of this report, Table 18-1 gives an overview of the various types of harm experienced by respondents to the survey. As the table shows, by far the most common form of harm was emotional harm, experienced by three quarters of respondents. Twenty-nine per cent of respondents had experienced some sexually harassing behaviour and a quarter had experienced physically harmful treatment. Ten per cent of respondents reported self-harming behaviour and 3% reported experience of sexually harmful behaviour. Differences by gender were minimal except in the case of sexual harassment



which was much more commonly reported by young women than young men. The issues emerging for each type of harm are explored in depth in the chapters that follow.

Table 18-1: Experience of various types of harm in main or second sport, by gender

	Total		Male		Female	
	%	n	%	n	%	n
<b>Emotional harm</b>	75%	4554	77%	1260	74%	3294
<b>Sexual harassment</b>	29%	1784	17%	284	34%	1500
<b>Physical harm</b>	24%	1433	26%	425	23%	1008
<b>Self harm</b>	10%	605	9%	152	10%	453
<b>Sexual harm</b>	3%	171	5%	77	2%	94
<b>Total</b>	100%	6060	100%	1634	100%	4426

As was noted in the methods section of the report, in addition to the types of harm shown in Table 18-1, the survey sought information on potential harm to children in other areas not reported in detail in the chapters that follow. Fewer than 2% of respondents reported any experience in the area of photography and fewer than 1% reported any harmful experience involving the internet. These small numbers may be a reflection of the fact that young people taking part were reflecting on experiences from as much as a decade before they completed a questionnaire. Nine respondents reported some harm in the 'organised abuse' category and fewer than 1% reported any experience of drugs.

# EMOTIONAL HARM

## 19 INTRODUCTION

Information from prior studies of child abuse suggests that emotional harm may be the most prevalent form of child maltreatment, although it has received relatively little attention in the research and clinical literature compared to other forms of harm (Cawson *et al.*, 2000, Evans, 2002). Research on emotional harm has largely focused on that in families, rather than institutional contexts. Indeed, research on emotional harm in sport has only recently emerged, and has tended to focus on elite athletes (Gervis and Dunn, 2004, Stirling and Kerr, 2008). Until now, little has been known about young athletes' experiences of emotional harm at other levels of sports participation.

In the survey we asked respondents about a range of potentially emotionally harmful experiences including: being criticised about your performance; being embarrassed or humiliated; being teased; being bullied and being shouted and sworn at (see Appendix 1 for the full list). Seventy-five per cent (n=4554) of respondents reported having experienced at least one of these behaviours in either their main or second sport, making emotional harm the most common form of harm. Emotional harm was more commonly experienced in respondents' main sport (70%) than in their second sport (51%) but was experienced at all levels of competition in both.

In both main and second sports, emotional harm was more commonly experienced by those competing at higher than recreational level. Nevertheless, even at a recreational level, two thirds of respondents said that they experienced some form of emotionally harmful behaviour in their main sport. Overall, there were minimal differences in the reporting of emotional harm by gender. Young men were slightly more likely to report emotionally harmful behaviour in their main sport than young women (72% compared to 69%) and young women were slightly more likely than young men to report such behaviours in their second sport (53% compared to 51%). This may partly be explained by the fact that for young women, their main sport was more likely to be recreational.

Table 19-1: Emotional harm in main and second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	Total	100%	6116	100%	1691	100%	1993	100%	1641	100%	661	100%	130
	Never	29%	1788	35%	600	28%	556	26%	425	26%	173	26%	34
	Once or twice	53%	3263	48%	818	56%	1118	56%	918	54%	354	42%	55
	Regularly	17%	1065	16%	273	16%	319	18%	298	20%	134	32%	41
<b>Second sport</b>	Total	100%	5234	100%	2260	100%	1808	100%	937	100%	201	100%	28
	Never	48%	2522	53%	1192	46%	825	44%	412	42%	84	32%	9
	Once or twice	40%	2113	37%	837	42%	757	45%	423	42%	84	43%	12
	Regularly	11%	599	10%	231	13%	226	11%	102	16%	33	25%	7

Table 19-1 shows that respondents were also more likely to report frequent emotionally harmful behaviour the higher level they reached in their sports. At recreational level 16% said they were frequently subjected to emotionally harmful treatment in their main sport and 10% in their

second sport. Among respondents who had reached international level, this proportion rose to 32% (n=41) in their main sport and 25% (n=7) in their second sport.

## 20 PERPETRATORS OF EMOTIONAL HARM

The limited existing literature on emotional harm in sport focuses almost exclusively on harm insofar as it is perpetrated by coaches or other adults with a relationship of significant influence over young athletes. An acknowledged gap in knowledge is the extent to which emotionally harmful behaviours occur in other sporting relationships such as between peers (Stirling and Kerr, 2008).

The current research provides the opportunity to explore the extent to which emotional harm is perpetrated by people other than coaches and significant adults, and whether the emotional harm is perpetrated by different people at different levels of achievement. Respondents to the survey were asked to indicate who was responsible for the emotionally harmful behaviours they reported and the results are shown in Table 20-1 broken down by level achieved.

**Table 20-1: Perpetrators of emotional harm in main and second sport by level achieved**  
(base = respondents reporting emotional harm in either main or second sport)

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	team mates/peers	81%	3304	83%	857	84%	1138	80%	920	72%	326	69%	63
	coach/trainer	34%	1398	28%	294	29%	399	39%	447	46%	207	56%	51
	other adult in club	6%	260	3%	33	5%	67	8%	96	12%	53	12%	11
	other	5%	215	3%	36	5%	61	7%	78	7%	31	10%	9
	Total	100%	4076	100%	1034	100%	1354	100%	1145	100%	452	100%	91
<b>Second sport</b>	team mates/peers	79%	2006	80%	795	81%	750	76%	369	72%	79	76%	13
	coach/trainer	33%	833	30%	297	32%	298	39%	190	39%	42	35%	6
	other adult in club	5%	121	3%	33	4%	40	6%	30	11%	12	35%	6
	other	4%	102	3%	30	5%	48	3%	16	6%	7	6%	1
	Total	100%	2532	100%	994	100%	924	100%	488	100%	109	100%	17

The table shows that at all levels of achievement, the most commonly reported perpetrators were peers or team mates (81%, n=3304 in main sport and 79%, n=2006 in second sport). However, a third of respondents in both main and second sports said that a coach was involved in the behaviours they reported. Young men were more likely to say that their team mates were involved in the emotional harm they experienced than young women (87% compared to 79% in main sport), while young women were more likely to say a coach or trainer was involved than young men (36% compared to 29% in main sport)

The survey results show that coaches become an increasingly frequent source of emotionally harmful behaviour as young athletes rise through the competitive ranks, with 56% (n=51) of those competing internationally in their main sport saying that their coach or trainer was involved in treating them in an emotionally harmful manner. The extent to which other adults involved in the club (for example caretaking staff or volunteer helpers) were involved in the harm also increases with the level of competition. Overall, 6% (n=260) of respondents said that another adult had been involved in the emotional harm they experienced in their main sport but this varied from 3% at recreational level to 12% at international competition.

The role of peers and team mates as perpetrators of emotionally harmful behaviour diminishes as the role of adults increases. Eighty three per cent (n=857) of respondents who participated in their main sport at recreational level reported that their team mates or peers were involved in the emotional harm they experienced but this had dropped to 69% (n=63) among young athletes who competed at international level.

Thirty-six per cent of young women (n=1056) said their coach or trainer was involved in the emotional harm they experienced in their main sport compared to 29% (n=328) of young men, a difference not explained by a gender difference in level of achievement – equal proportions of male and female respondents competed at elite level. Young men, by contrast, were more likely than young women to say their team mates or peers were responsible for the emotionally harmful behaviour they were subjected to (87% compared to 79%).

The top seven sports in the survey show different profiles in terms of the perpetrators of emotional harm. Rugby had the highest proportion of team mate involvement, 91% (n=216) of those reporting emotional harm (main sport) compared to 73% (n=120) in athletics, which had the lowest. At 22% (n=115) netball had the lowest level of coach or trainer involvement in emotional harm, compared to dance, which had the highest (48%, n=222). Respondents involved in sports with a strong individual component (swimming, dance, athletics) generally reported higher levels of coach perpetrated emotional harm than those involved in team sports (netball, football, hockey, rugby). However, these sports tended to have more team mate involvement in emotional harm, perhaps raising questions about the role of adults in establishing sporting culture.

The interviews allowed for the exploration of some of these issues in more detail and the following sections examine specific types of emotional harm, including further discussion of the perpetrators of each type of harm.

## 21 THE EXPERIENCE OF EMOTIONAL HARM

Emotional harm may take a variety of forms including psychological control and domination, psycho/physical control and domination, humiliation, withdrawal, antipathy, terrorising and proxy attack (Cawson *et al.*, 2000). Lack of consensus regarding its definition and measurement includes debate over whether emotional abuse is defined by the behaviour of the abuser/caregiver, or the outcome of a particular behaviour for the 'victim'. Based on accounts of former child athletes' experiences, Stirling and Kerr (2008: 178) propose the following definition of emotional abuse in sport:

A pattern of deliberate non-contact behaviours by a person within a critical relationship role that has the potential to be harmful. Acts of emotional abuse include physical behaviours, verbal behaviours, and acts of denying attention and support.

This definition incorporates three elements: that the abuse is sustained and repetitive; that it occurs within the context of a relationship which has significant influence over the individual's sense of safety, trust, and fulfilment of needs; and that the perpetrators' behaviour is intentionally exerted. With respect to this latter aspect, they note (Stirling and Kerr, 2008: 178) that although

the act must be deliberate, it does not need to be intended to inflict harm to be classified as emotional abuse:

... many athletes suggested that emotional abuse was inflicted by their coaches in the name of performance and winning, outcomes that benefit both the coach and the athlete, and are highly valued in sport. Although these behaviours were not intended to bring harm to the athlete, the long-term detrimental effects of the abuse were still endured.

The current research, by contrast, explored a range of emotionally harmful behaviours in sport regardless of their perpetrator. Of the potentially emotionally harmful behaviours explored in the questionnaire, the most commonly reported by respondents was being criticised about your performance. Seventy-nine per cent (n=3940) of respondents who had experienced emotional harm said that they had been criticised about their performance in either their main or second sport. Being embarrassed or humiliated about something was almost as common, reported by 77% (n=3393) of emotionally harmed respondents. Sixty-six per cent reported being teased and 51% said they were shouted or sworn at.

There was a clear gender component to the experience of respondents who had been emotionally harmed. For example, 68% (n=801) of young men reported that they were shouted or sworn at compared to 45% (n=1359) of young women. By contrast, being ignored in a way that made you feel bad was reported by 42% (n=1281) of young women and 31% (n=362) of young men. Having lies and rumours spread about you was also more likely to be reported by young women than by men.

Certain behaviours were reported more often by people competing at higher levels. For example, while overall 19% of emotionally harmed respondents said that they experienced being criticised or threatened for not wanting to train or compete in their main sport, 28% of those competing at national level reported this form of harm. Being shouted and sworn at and being criticised about your performance, were also experienced more commonly by young people competing at higher levels in sport.

These findings support existing research evidence indicating that emotionally abusive coaching behaviours are commonly experienced by elite child athletes, with more abusive behaviours reported as they advance through the ranks (Gervis and Dunn, 2004, Stirling and Kerr, 2007). Although athletes rarely use the term 'emotional abuse', they express distress as the result of a range of coaching behaviours (Stirling and Kerr, 2008). One qualitative UK study (Gervis and Dunn, 2004) with 12 former elite child athletes found all reported being frequently shouted at, with belittling, threats and humiliation also commonplace. Half the participants (n=6) said they were ignored or rejected, and one third said their coaches isolated them. Drawing on the qualitative accounts of 14 Canadian former elite youth female swimmers, Stirling and Kerr (2008) identified three types of emotionally abusive coach behaviours: physical, verbal and the denial of attention/support. Reported physical behaviours included throwing objects either at, or in the presence of, an athlete; punching walls and breaking training equipment when frustrated with an athlete's performance. Verbal behaviours included yelling, shouting, belittling, name-calling, humiliation and degrading comments, including inappropriate comments about weight and physical appearance. While athletes reported negative responses to

such verbal behaviours and physical demonstrations of anger, it was the denial of attention and support, which included being ignored, being expelled or excluded from practice, which was described as the most negatively experienced type of emotionally abusive coaching behaviour.

Former child athletes' reported responses to their coaches' abusive behaviour were similar across both studies, with descriptions of feeling stupid, worthless, upset, angry, guilty, depressed, humiliated, fearful, hurt, inferior and lacking in self-confidence. Stirling and Kerr (2008) examined elite athletes' experiences of emotional abuse over the course of their career, noting that while such coaching behaviours might be accepted as a necessary part of the elite sport culture at the outset, as an athlete perceives their performance to be deteriorating, emotionally abusive coach behaviour may be experienced more negatively.

Gervis and Dunn (2004: 221) highlight the implications of these emotional responses for athletes' performance, suggesting a 'destructive cycle' in which athletes' deteriorating performance leads to an intensification of abusive coaching behaviour. However, despite the negative impact on elite child athletes, Gervis and Dunn (2004: 220–222) argue that these coaching behaviours are habitual:

No-one seems to question such coaching behaviour; it is accepted as being part of sport, and often takes place behind closed doors [...] The elite child athlete has to cope with pressures of training, long hours and competing at the highest level in a climate of sustained attacks on their self esteem at a time when they are most vulnerable [...] this behaviour goes on without being challenged or questioned so long as the athlete is successful. This contributes to the habitual coaching tools and creates a culture of coaching which reinforces those behaviours that are associated with success.

Others point out that such behaviour would not be allowed in other instructional settings, such as schools, and would incur serious consequences (Stirling and Kerr, 2008). Consequently, the acceptability of such coaching methodologies has been challenged, and the success of alternative non-abusive coaching methods has been identified as an important avenue for future research (Gervis and Dunn, 2004, Stirling and Kerr, 2008).

In the current research, in addition to the level of competition achieved, the sport participated in also had an impact on the experience of emotional harm. Being teased and being shouted and sworn at were more commonly reported by people competing in rugby and football than in the other top seven sports. These behaviours were least likely to be reported by people giving swimming as their main sport. Being criticised or threatened for not wanting to train or compete was most commonly reported by people competing in swimming and least commonly by those taking part in football.

An important finding in the current research which finds echoes in the existing literature is the way in which many young athletes appeared both to accept and to expect the emotionally harmful behaviours explored in the questionnaire. Many of the additional, open-ended responses made on the questionnaire commented that the experiences revealed in their answers can not properly be described as 'emotional harm' because they were not serious enough, or because they were part of the 'normal' interaction of children with one another, or because they were aimed at improving performance. Typical comments on the survey included:

It hasn't affected me at all in the long term so it wasn't that big of a deal – just children being children.

Name calling and teasing is part of being a kid and also part of being involved in a competitive sport. If you can't deal with competition don't play.

Coaches have to push everyone hard (anyone that wants to do good). Anything verbal in sports is not emotional harm.

It is misleading to suggest that the way I was treated was in any way emotionally harmful. I merely took criticism on occasions where I failed to perform at an adequate level. The criticism was always, at least at core, constructive.

Many of the behaviours discussed in this section, if they were experienced exclusively between children might be dismissed as part of the cut and thrust of growing up. However, this research explicitly considered the experience of children in organised settings, where they were under the care and instruction of adults. That they are experienced raises questions about the role of adults in organised sport for children in fostering a more positive sporting culture. In the next few sections we examine some of the most common emotionally harmful behaviours explored in the survey in more detail.

## 22 BEING CRITICISED ABOUT PERFORMANCE

Being criticised for something to do with your performance was the most commonly reported of the potentially emotionally harmful behaviours explored in the questionnaire. Seventy-nine per cent (n=3089) of those who experienced some emotional harm had been criticised in this way. As with all of the emotionally harmful experiences explored in the questionnaire, it was more common in respondents' main sport (69%) than their second sport (43%). Twelve per cent said they experienced this treatment regularly in their main sport compared to 5% in their second sport. Young men were more likely to report this kind of treatment than young women – 72% compared to 67%, but both were equally likely to say they experienced it regularly (12% in main sport). Linked to this gender split is the fact that respondents were more likely to report this behaviour in football and rugby than in any of the other top seven sports in the survey.

Criticism about something to do with your performance can be a perfectly valid part of training and competition and some participants in the research argued that the criticism they received was aimed at improving their performance and was generally constructive. The survey comment below was typical of views in this area.

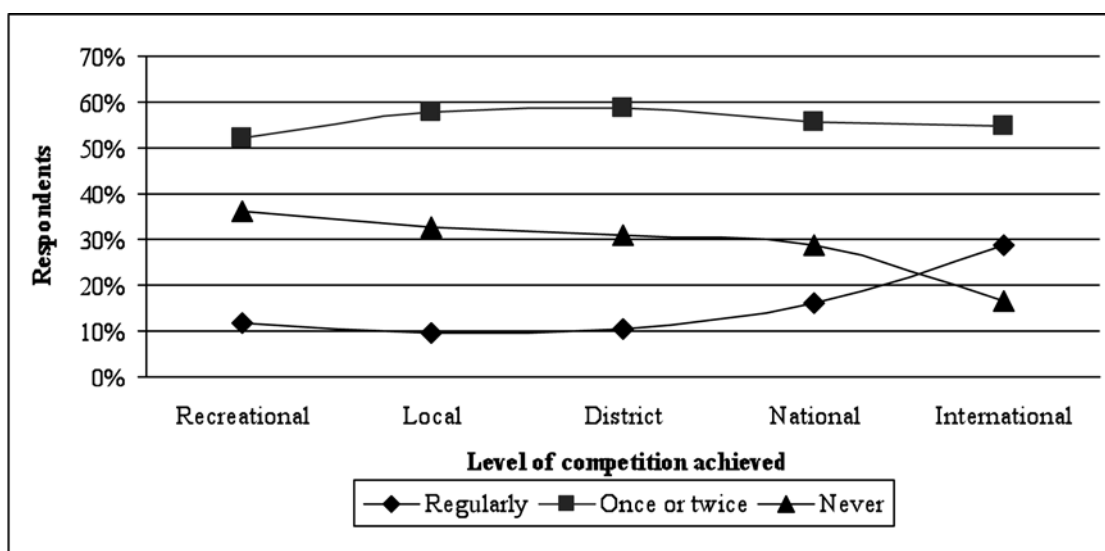
At football the coaches used to shout and make comments about you but they were just trying to get you motivated.

There were also circumstances where criticism about performance was unhelpful, disproportionate and in some cases counter-productive. One young woman described in her interview how failure to beat a personal best at her swimming club's regular monthly time trials would lead to criticism from her coaches. While this was sometimes constructive and helpful,



there were times, particularly when they failed to take into account any mitigating factors, when it was unwelcome and led her to become very critical of herself. It was to this spiral of criticism from her coach, feeding her own criticism of herself that she attributed her decision to give up swimming at county level.

**Figure 22-1: Being criticised about your performance in main sport, by level achieved**  
(base=respondents reporting emotional harm in either main or second sport)



There were differences in the extent to which respondents to the survey reported criticism about their performance according to the level at which they competed. As Figure 22-1 shows, respondents were more likely to report that they were criticised about their performance if they competed at elite levels. While 12% of respondents overall reported regular criticism of their performance in their main sport, this rose to 29% (n=28) of those competing internationally. The corresponding figures for second sport are 8% and 24%.

It has been noted above that previous research has highlighted the extent to which abusive coaching behaviours are commonplace in elite child sport. Evidence from the current research suggests that a critical sporting culture can be a feature of young athletes' experience even at a recreational level. As Figure 22-1 (above) shows, nearly two thirds of respondents who competed at recreational level in their main sport had been criticised about their performance, 12% of them regularly. Criticism could come from a range of sources – coaches, parents or team mates.

In the case of team mates' criticism, interview participants described feeling upset at the attitude of team mates to mistakes they made during training and competition, regardless of whether a coach was involved or not. They described feeling upset at letting the team down, and while some respondents reflected that this type of criticism from peers was intended to be constructive, others felt it was inappropriate, given the level of competition:



I remember making a mistake and everyone would be like, especially if they didn't think you were good enough to be in the team, they would criticise you after the game and go 'you're so shit, you're rubbish, you're playing badly, you don't deserve to be in the team, that was that was such a crap mistake you made'. ... Team mates, it wasn't really the coach because the coach was there, as I said, almost as sort of guide. He wasn't there to criticise or really to coach. I mean it wasn't serious high level sport, just the top team for our age-group, it wasn't any great shakes. But the guys, maybe they get it seeing all the professional sportsmen, but they were just so ready to criticise. I mean they weren't particularly brilliant friends at that age. That was actually when I was playing in the team from the year above and I guess it's because they wanted their mate in, but it was pretty harsh (*Young man: District level football, local level football*).

Criticism from coaches could provoke different feelings. This young footballer described the impact of being criticised by his coach for failing to reach the ball during a training session when he was 10 years old:

It was disappointing, it was also gutting really, obviously I still made the effort to try and get there, and I wasn't athletically very good at that time, but I still tried (*Young man: local level rugby, local level football*).

And one young rugby player described the impact of criticism from a coach when he was under 14:

Yeah, there was definitely times when you could have someone [one of the coaches] really having a go at you, to the point that like you'd be crying (*Young man: district level rugby, national level athletics*).

He pointed out that criticism that could leave him or other players in tears was pretty commonplace, occurring at least once a fortnight. He noted that the impact could be greater because the criticism would take place in front of the rest of the team in a way that could be humiliating. Criticism of performance as part of a pattern of humiliation in coaching emerged on a number of occasions in the interviews. A further example comes from a young woman who competed at elite level in gymnastics, leaving the sport by the time she was 12:

Yeah, no, again there were certain coaches that really hated you, and they had favourites and if you were flawed in any way they would take that out immediately. So if you were a little overweight you were called chubby and that would be a nickname from coaches and stuff. And then general humiliation and like if you did one thing wrong it was really like pointed out, and really kind of exaggerated in front of everyone. Like there was no way you were going to get away with it kind of thing. Or if you argued back, or anything, like everything was so dramatic and such a huge scene and really kind of overdone in a way. But it really isolated one person, or whoever it was who was in the wrong at the time (*Young woman: international level gymnastics*).

## 23 BEING SHOUTED OR SWORN AT

Closely linked to being criticised for your performance was being shouted and sworn at, which was reported by 51% (n=2160) of emotionally harmed respondents in either their main or second sport. It was more commonly reported by young men (68%) than young women (45%). As with other forms of emotionally harmful behaviour, being shouted and sworn at was more common in respondents' main sport (40%) than in their second sport (22%).

Table 23-1 shows that participants in the survey were more likely to report being shouted or sworn at, the higher the level they competed in their sports, particularly their main sport. At recreational level, 31% reported this treatment in their main sport, 6% regularly. At local level, the corresponding figures were 41% and 7%; at district level, they were 46% and 7%; and at national level, they had risen to 48% and 8%. The results of the survey suggest that it is the jump from national to international competition that is most likely to bring the experience of being shouted or sworn at – 60% (n=58) of international competitors reported being treated in this way, 20% regularly.

**Table 23-1: Being shouted and sworn at in main or second sport, by level achieved**  
(base = respondents reporting emotional harm in either main or second sport)

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Never	60%	2747	70%	837	59%	903	54%	680	56%	288	40%	39
	Once or twice	33%	1524	25%	295	34%	515	39%	493	36%	182	40%	39
	Regularly	7%	326	6%	66	7%	111	7%	90	8%	40	20%	19
<b>Second sport</b>	Total	100%	3973	100%	1658	100%	1393	100%	736	100%	165	100%	21
	Never	77%	3079	82%	1366	74%	1028	75%	552	72%	119	67%	14
	Once or twice	18%	727	14%	232	21%	298	21%	153	22%	37	33%	7
	Regularly	4%	167	4%	60	5%	67	4%	31	5%	9	0%	0

This experience, discussed by the same elite level gymnast whose experience of humiliating criticism from her coaches was described above, is illustrative:

I mean the whole training was like, if you do one thing wrong then suddenly like you are being screamed at in the middle of an entire gym whether there is five year olds in there, or just your team in there. You are pointed out, isolated out, whether it's sent out the gym or just like screamed at or laughed at in front of the entire club (*Young woman: international level gymnastics*).

A young swimmer described how his coach would lose her temper at him and his peers:

She would just swear at you and go mental, and her face would go bright red and storm off, and just wouldn't accept any sort of argument or reasoning at all (*Young man: national level swimming, national level triathlon*).

This show jumper described a similar experience:

When I was, I guess when I was probably nine, ten, eleven, twelve, thirteen, I kind of ... had a really difficult relationship with my coach. And she used to, she used to shout and swear at everyone (*Young woman: national level equestrian sports, local level winter sports*).

She also talked about shouting as being part of the culture of her sport and because of this she was able to rationalise it and not feel that it was about her:

Shouting was very much part of a culture but it wasn't particularly directed at us, it was just, it was part of a culture. So I could kind of deal with it (*Young woman: national level equestrian sports, local level winter sports*).

An ice-hockey player described how his coach would lose his temper and shout at the team. He accepted that the behaviour was aimed at motivation, but thought it went too far at times, and could be disproportionate to the circumstances:

The coaches would occasionally do that as well [shout and swear at you], it's all a drive to get you to play better. One time, one of the coaches was ... he was a little bit ... I would just say I think he could have done with anger management ... Well the one I am recalling at the moment is we were ... 1-0 up, and I wasn't playing in the game but I was down in the locker room with the team, and he went over to the goalie and said 'first of all, well done, you're keeping us in the game. And he says 'a couple of you defenders are doing a good job as well', then he kicked a bin across the room and says 'but the fuckin' rest of you ...' and started ranting on about how crap they are playing, and we're just thinking we are 1-0 up, we are winning the game and he is going red in the face and all this, but we were kind of sloppy and very lucky to be in front at that point (*Young man: district level ice-hockey, local level football*).

Participants in some sports were more likely to report being shouted or sworn at than their counterparts in other sports. Nearly three quarters (72%, n=188) of those doing rugby as their main sport who reported emotional harm said that they were shouted or sworn at, 16% regularly. This is a considerably higher proportion than in any of the other top seven sports in the survey. In football, the sport with the second highest level of shouting and swearing, 63% (n=393), of those playing the game as their main sport reported this treatment, 12% regularly. Respondents who took part in athletics as their main sport and reported some emotional harm were less likely than participants in all the other top seven sports to say they had been shouted or sworn at. Nevertheless, a quarter of them had experienced this treatment (n=50), 4% regularly.

The other top seven sports in the survey showed levels of shouting and swearing between these two extremes. In general, however, respondents taking part in team sports (rugby, football, netball and hockey) were more likely to report that they were shouted and sworn at than participants in more individual sports (athletics, swimming, dancing).

Issues of sporting culture were relevant here and could affect how young people felt about the shouting and swearing they experienced in their sports. One young woman, described how 'in kayaking swearing was just used as a second language' and while she found it a bit shocking at first, the atmosphere in the sport was very supportive and she compared it favourably to her other sport of swimming:

It's just, it's different. I suppose the only way I can try and define it is the swimming was bitchy and the kayaking was boisterous (*Young woman: national level kayaking, district level swimming*).

However, a young woman who played rugby described how she found the shouting and swearing she experienced in her sport upsetting and inappropriate:

He was just really doing it, like talks and things. And he would like swear to himself if the team did something wrong. So it wasn't sort of directly at players but you knew he was sort of annoyed at the team. I think that affected me because I never used to swear when I was little. Like my parents used to never used to like it (*Young woman: international level rugby, local level hockey*).

## 24 BEING EMBARRASSED OR HUMILIATED ABOUT SOMETHING AND BEING TEASED

Seventy-seven per cent of participants reporting emotional harm had been embarrassed or humiliated about something in either their main or second sport (n=3393). It was almost as commonly experienced as being criticised for your performance, and interview data suggests that the two are closely linked. Fifty-nine per cent (n=2693) of those reporting emotional harm said that they had been embarrassed or humiliated once or twice and 7% (n=309) regularly in their main sport. The corresponding figures for second sport were 39% (n=1559) and 5% (n=186). Young women were a little more likely in both their main and second sports to say that they had been embarrassed or humiliated regularly.

Being teased in the context of sport was also a common experience for respondents to the survey and was experienced by two thirds of all those who reported emotional harm (n=2840). Forty six per cent said they had been teased once or twice (n=2105) and 8% (n=343) regularly in their main sport. For second sport, the corresponding figures were 31% (n=1229) and 5% (n=206). Young men were more likely to report teasing than young women in their main sport (59% compared to 51%) but the differences between the genders was smaller in second sport.

There were minor variations in the extent to which young athletes report that they were embarrassed or humiliated or teased according to the level at which they competed, though the upward trend as athletes advance is less marked here than in other aspects of emotional harm.

Of our top seven sports, athletics had the lowest proportion of young people reporting being embarrassed and humiliated but dancers were most likely to report this treatment. Seventy-five per cent of main sport dancers (n=387) compared to 55% (n=111) of those who took part in athletics as their main sport reported being embarrassed or humiliated.

In the interviews, young people spoke of being embarrassed and humiliated as something in which coaches were involved, while teasing tended to happen between team mates and peers. This young man, who competed in ice hockey, explained how his coaches used embarrassment as a training tool, to put someone in their place:

We had a competition in training called ... we called it 'juice boy' basically, just a penalty shoot-out and the loser has to wear a pretty pink helmet the next time they go on the ice. There was one occasion where the goalies were told to let everybody score except this one kid (*Young man: district level ice-hockey, local level football*).

This level of organisation was unusual but interviewees spoke of being given public punishments for poor performance, such as being made to join the class for younger children, or being made to do exercises or laps on their own but in front of others:

If you didn't perform well then that was drawn to the attention of the entire team. And ... that was ... and actually, actually excluded from team stuff. And that wasn't particularly easy (*Young woman: national level equestrian sports, local level winter sports*).

In some cases, humiliation by coaches was linked to criticism about weight or looks, an experience reported by 32% (n=1450) of respondents to the survey who reported emotional harm. This issue is explored further in the next chapter.

Teasing by team mates tended to be accepted as normal by most young people in the interviews. It could focus on a range of issues: a boy doing dance was teased by his fellow dancers (mainly girls) for being involved in such a 'girly' activity; another was teased for his 'man boobs'; another for the 'double whammy' of being 'both round and having red hair'; a young woman described being teased for wearing the wrong trainers. Interviewees tended to dismiss these behaviours as 'banter', 'meant in a jokey way' and just 'kids being kids'. However, they could be hurtful and cause young athletes distress:

But then at the same time there's like, I don't know, it used to hurt as well. And you used to be like, I don't know, you used to think about it and then just think twice of yourself. Like if they said something, then you think 'oh is that actually true' (*Young woman: international level rugby, local level hockey*).

Where teasing remained at this sort of level, most interviewees described a process where their team mates and peers 'grew out of it' and they grew up and cared less. However, some also experienced these behaviours and others to the extent that they described it as bullying.

## 25 BEING BULLIED

Overall, a third of young people who reported emotional harm said they had been bullied (n=1487) in their main or second sport. Bullying had been experienced by equal proportions of young men and women. Table 25-1 shows being bullied was a regular occurrence for 5% of young people reporting emotional harm in their main sport and 3% in their second sport. The table also shows that young athletes experienced bullying at every level of competition.

Table 25-1 Being bullied in main or second sport by level achieved (base = respondents reporting emotional harm in either main or second sport)

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Never	74%	3401	74%	886	74%	1137	73%	922	77%	391	67%	65
	Once or twice	21%	974	21%	246	21%	317	22%	284	19%	99	29%	28
	Regularly	5%	222	6%	66	5%	75	5%	57	4%	20	4%	4
<b>Second sport</b>	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Never	84%	3322	85%	1413	82%	1147	84%	618	77%	127	81%	17
	Once or twice	13%	519	12%	195	14%	198	13%	95	17%	28	14%	3
	Regularly	3%	133	3%	51	3%	48	3%	23	6%	10	5%	1

Bullying appeared to be experienced more by young people participating in individual sports such as athletics and dance, than by those taking part in team sports, but the differences in this area were not marked.

The questionnaire also explored behaviours that may form part of a pattern of bullying. Over a third of those reporting emotional harm in their main or second sport (n=1557) said that they had been called names; 19% (n=795) had had lies and rumours spread about them; 39% (n=1643) said they had been ignored in a way that made them feel bad.

In the interviews, young people provided more information about these experiences. Once again, young people appeared to expect and accept that they would be bullied:

I was worried about you asking me about the bullying because I think it just happens to everyone, you know, I wasn't particularly the bullied one, I think there was probably worse people and I'm sure I bullied some people as well (*Young woman: recreational dance*).

Targets of bullying could change and the focus of bullying behaviour could be sport or other areas of young people's lives:

You would generally find some nights at training like you would have ten, fifteen people having a pop at like one person, and it being like an onslaught, and it was just ... that was like the kind of bad side of it .... It could be anything like your skill base or your actual playing performance, even if like it wasn't an issue they would just pick something off it, and if you tried to say something to defend yourself and it would just all of a sudden be like ... if you say something slightly wrong or incorrect as a result then obviously that just gets picked on and like continue kind of thing. It could also be like a bit of personal stuff like family stuff and things like that (*Young man: local level rugby, local level football*).

Peers were the main perpetrators of bullying behaviour and could often take care to shield the behaviour from coaches or other adult. Young people rarely reported telling anyone except parents about what was happening. There were examples of parents intervening and speaking to coaches and teachers and finding that the reaction was swift and effective, but in a number of cases, young people reported that nothing changed.

Some young people, when they reflected on their experience, thought that the adults involved would have known what was going on even if they had not been told:

Yeah, the coaches, they were never too naïve to think that this wasn't going to happen, cause a lot of these guys have played themselves, and they didn't just get their coaching qualification because their kid was in the team. They did it because they liked playing themselves, and their son just like picked up from them. So yeah, I think they knew from their own experience that it was going to happen (*Young man: district level ice-hockey, local level football*).

Looking back, sort of being older, having a more teaching approach. It's really, you'd expect them to have a rough idea (*Young man: local level rugby, national level bowls*).

One young man speculated about why adults didn't intervene in bullying behaviour which they either knew or should have known was going on:

Like I said before I don't know if that was because they didn't want to deal with it or if they were just not very, not well qualified in spotting these things (*Young man: local level swimming*).

Some young people described this failure to deal with bullying as negligent but, perhaps surprisingly, others, like the swimmer quoted above, looked back and thought that these situations could leave coaches in a difficult position:

It's difficult isn't it because I mean ... you don't, it's that fine line. You don't want to have to place the teacher in the changing rooms and leave them open to questions. And you, if you are not telling the teachers what's going on they've got no way of knowing what's going on (*Young man: local level swimming*).

One young man described how he thought it should be dealt with:

Probably not to do anything about it until either one, it became offensive, really offensive to the adult, or two, it became really offensive to the child, it was affecting the child in the sense that they didn't want to play the sport any more. It affected their performance or it was causing obvious ... it affected them physically or anything like that. I'm, to a certain extent I've a sort of hard-nosed approach. It's an experience most people tend to go through. And you tend to go through it yourself. And it makes you, to a certain extent stronger and you know what's going to happen. You know how to approach it in future (*Young man: local level rugby, national level bowls*).

This approach echoes the experience of a number of young people who were told, by both parents and coaches, that they needed to 'toughen up' or that what they were experiencing was 'character building'. For some young people, this was an effective approach:

You just sort of get into a mentality, not that you're better than them, but that you're ... they're sort of jocks: sporty, thick headed people, and you know, you may not be as great as them but at least you're giving it a shot and at least you don't do that to other people, and at least you are above that sort of thing (*Young man: local level badminton, local level athletics*).



But for others, this approach was hard to understand:

Yeah, there was something that wasn't right, because that was the only place that I ever got treated like that. You know, it wasn't like that at school, the kids were fine to me, it wasn't like that at home, this was the only place. But again it was just kind of drilled in to you from anywhere and everywhere, if you wanted to be good, if you wanted to keep going, then this is what you have to do, this is what you have to put up with, and everyone put up with it (*Young woman: international gymnastics*).

## 26 HAZING

Hazing, the term given to ritualistic tests or initiations in organisational contexts, is recognised as occurring in various organisations, including the military, university clubs, and sports teams, amongst others, and is considered part of a continuum with other forms of abuse and cultures of control. It may include elements of physical, emotional or sexual abuse, and may be legal or illegal. Opinions on hazing in sport differ, with some arguing it plays an important role in increasing dedication, camaraderie and a sense of belonging amongst athletes, while others identify hazing as a form of peer violence (David, 2005), which may be destructive and dehumanising for participants (Kirby and Wintrup, 2002). While research indicates that hazing is a common practice in North American sporting contexts, increasing accounts of these practices in UK sport are anecdotal; to date, there are no research data on sport-specific hazing – either among adults or children – in the UK.

Four percent of respondents (n=251) reported hazing in their main sport and 3% (n=151) in their second sport. However, the interviews revealed that there was some confusion about the term, with the behaviours described fitting more closely into the category of bullying and emotional harm. Some young people had only become aware of hazing since their exposure to university or college level sports clubs and behaviours they had heard of related to drinking excessively and sometimes drinking urine, usually in rugby clubs.

## 27 CONCLUSION: EMOTIONAL HARM

Emotionally harmful experiences were commonplace among the young people who participated in the research. Seventy-five per cent of respondents had experienced some emotionally harmful treatment in either their main or second sport. They were experienced by both boys and girls, and in all sports and tended to increase with the level of competition.

The most commonly experienced forms of emotionally harmful behaviour for respondents to the survey were being criticised about something to do with your performance (79% of those reporting emotional harm); being embarrassed or humiliated about (77%), being teased (66%) and being shouted or sworn at (51%).

Sometimes emotionally harmful behaviours were used as training tools by coaches, who also criticised young people about their looks and weight in a way that linked closely to young people's views of their bodies.



More commonly the perpetrators were peers, often this treatment was dismissed as 'banter' but it could be experienced as hurtful and could affect young people in other areas of their lives. Emotionally harmful behaviour between peers was often done out of sight of adults but young people looking back thought that adults would have known about them.

To a great extent these behaviours were both expected and accepted by young people and there was some reluctance to classify them as emotionally harmful. However, they can also be seen as a part of a sporting culture which accepts disrespectful treatment of children as normal and is inadequately challenged by adults involved in organised sport for children.

# BODY IMAGE

## 28 INTRODUCTION

A key area explored in the research was the extent to which participation in sport affected young people's image of themselves and their body. It is an area on which there is limited existing research, especially in relation to boys.

In the questionnaire, respondents were given a series of statements about the impact sport had on their body image and asked about the extent to which they agreed or disagreed with the statements. Respondents were also asked about the extent to which they sought actively to change their bodies through diet and exercise. In the interviews, young people were able to discuss in greater detail the effect playing sport had on their image of themselves and their bodies.

## 29 YOUNG ATHLETES' VIEWS OF THEIR BODIES

The impacts of sport are more positive than negative when looked at overall. For example, 88% (n=5369) of all respondents agreed or strongly agreed that they enjoyed the way doing sport made them feel fitter; 52% either agreed or strongly agreed that they liked the way doing sport made their body look; and 51% either agreed or strongly agreed that doing sport improved their body image.

There was a correspondingly high level of disagreement with negative statements about body image. Seven per cent agreed or strongly agreed with the statement 'I developed a poor body image because of the physical demands of my sport'; 7% with 'I was too overweight to participate in sport properly'; and 4% with 'I was too underweight to participate in sport properly'.

There were clear gender differences in the reported body image impacts of participating in sport. For example, 26% of young women strongly agreed or agreed that puberty had changed their body into one that was not ideal for their sport, compared to 7% of young men; and 18% of young women strongly agreed or agreed that they learned to dislike their bodies compared to 10% of young men. Young women were also more likely than young men to say that they developed a poor body image because of comments made about their bodies when doing their sports (16% compared to 9%).

There were also differences in the body image impacts of sport according to the sports participated in. Table 29-1 shows the extent to which young people taking part in the top seven sports in the survey agreed with the statement 'sport improved my body image'. It shows that athletics and rugby appear to have a particularly positive effect on young people's body image. Thirty per cent of young people who gave athletics as their main sport said they agreed strongly that doing sport had improved their body image. The figure for rugby was 24%. People giving netball as their main sport had the lowest proportion of people strongly agreeing that their body image had been improved by sport (13%). The difference between rugby and netball in

this regard may be explained by the gender makeup of the two sports. Athletics, however, had more or less equal proportions of boys and girls taking part. Young people giving athletics as their main sport were also the most likely to strongly agree with the statement, 'I liked the way sport made my body look' (34%).

Table 29-1: 'Sport improved my body image' by main sport (top 7 only)

	Swimming		Netball		Football		Dancing		Hockey		Athletics		Rugby	
	%	n	%	n	%	n	%	n	%	n	%	n	%	n
Total	100%	951	100%	740	100%	808	100%	686	100%	395	100%	300	100%	337
Strongly agree	17%	159	13%	96	18%	149	18%	126	19%	75	30%	89	24%	80
Agree	30%	289	30%	223	37%	299	32%	218	32%	127	34%	103	42%	140
Neither agree or disagree	33%	315	35%	261	32%	262	30%	208	33%	131	27%	82	27%	92
Disagree	16%	151	17%	129	10%	79	16%	111	10%	38	7%	22	5%	17
Strongly disagree	4%	37	4%	31	2%	19	3%	23	6%	24	1%	4	2%	8

The results of the survey suggests that the body image impacts of participating in sport become more positive as young athletes move through the competitive ranks. Thirty-seven per cent of respondents who competed at recreational level in their main sport agreed or strongly agreed that sport improved their body image, but this proportion rose to 67% for athletes competing at international level. Similarly, just 15% of survey respondents who competed in their main sport recreationally strongly agreed that they liked the way that sport made their body look, compared to 40% of those who reached international competition.

Set against this background of sport having generally positive impacts on young people's views of their bodies, the interviews revealed a more complex picture. The onset of puberty, when young people may become more aware of their bodies and more self conscious, coupled with a focus on body image which was inherent in sport and, in some sports, revealing sports kit, could create difficult feelings for young people. One young man described how his swimming team became acutely conscious of each others' bodies, 'when you are sitting at the side of the pool as a 14 year old and comparing yourself it can be hard'. He talked about how he would look at the physical development of his team mates, think about their sexual development and maturity in comparison to himself, as well as concentrating on their swimming technique.

At interview, many girls reported issues with their body image. They did not always stem from sport, but sometimes found particular expression there:

It's difficult to say as under sixteen you are so, so aware of your body, and I think it's all really hard to kind of pinpoint whether sport would have made any difference with that. I mean, I remember being in the first couple of years of high school and we were all expected to shower after hockey, after being muddy and cross country and stuff, and everyone just kept their underwear on and washed the mud off their legs. I don't think anyone would have taken all their clothes off in the shower, because it was literally ... there was no curtains or anything, it was just a shower block (*Young woman: district level hockey, local level football*).

Another girl reported difficulties in the changing room because she was bigger and more sexually mature than other girls with whom she did cross country running. She described how physically, she always felt good because she could run as fast and as far as slimmer girls.

Psychologically, however, she used to feel different and would always run to the shower cubicle and keep her towel on. Her different body shape became a focus for bullying from some girls that she now thinks was more about sporting rivalry, but at the time was very hurtful.

A young woman involved in swimming also experienced bullying related to the greater maturity of her body. She participated in other sports but thought the bullying happened in swimming partly because differences in bodies were more obvious. She was very unhappy with how the situation was dealt with by her coach:

Yeah, basically I was upset every time I came home from the swimming. Especially after competitions when other people, well other girls in the changing rooms that I didn't even know, would then pick on me. So I would, obviously my mum picked up on it. And she approached my coach about it. And literally nothing was done. They were just like 'oh it's one of those things that comes in part of the sport and it helps to build character' is pretty much what they said (*Young woman: national level kayaking, district level swimming*).

Sometimes, playing sport could help girls to work through or forget body image issues that emerged with adolescence:

I have always been really, really body conscious from a very young age, because I was overweight. I've always struggled with it but I don't think playing sport had any negative impact on that at all, in fact I think the opposite. I think because you do exercise, get the endorphins, your appetite decreases after a good bout of exercise. You know, I just think the benefits are huge from going out and playing a good hour and a half of hockey in the rain and mud, and the kind of feeling of well-being that happens after that, it's great (*Young woman: district level hockey, local level football*).

However, other young women described how their general self-consciousness about their bodies was intensified by the clothing they had to wear for sport – short gym skirts, leotards and swimming costumes were frequently mentioned. Where girls participated in sports where the clothing was not revealing, problems were minimised:

I mean, you know, like most girls that age I was slightly body conscious, I can't say it was too much. But it was, I mean in fencing you are wearing a lot of padded gear, it's not really an issue. And in horse riding it was, you know, for all you are wearing jodhpurs you are wearing big jackets. So it's not really ... I can't say it really had any effect whatsoever on me (*Young woman: recreational equestrian sports, national level fencing*).

Swimming I really didn't like wearing the whole swimsuits. And like I'd feel conscious of my stomach. If, you know, I was taking part. Rugby was always okay because, well a while ago we didn't have the tight fitting tops then, they were like baggy ... So I wasn't really bothered about my body, playing rugby. Hockey, I was a bit, because I never really liked skirts. But other than that ... I think it was okay so long as I wasn't in something tight fitting. Because that always made me conscious of playing or taking part (*Young woman: international level rugby, local level hockey*).

## 30 DIETING AND EXERCISE

In addition to exploring the way in which participation affected young athletes' image of themselves and their bodies, the questionnaire also explored the extent to which they sought actively to change their bodies through dieting and excessive exercise. Existing research evidence suggests that this may be a common experience, especially in competitors at elite level. Of 403 young elite UK athletes surveyed about doping (McNamee *et al.*, 2008), the majority of respondents (89%) said they were happy with their physical appearance, a finding echoed by the current research. However, a significant minority indicated they would be willing or probably willing to alter their physical appearance, including: 27% who would take substances that would give them a more muscular body; 28% who would go on a low calorie diet to lose weight; and 28% who would go on a high calorie diet to gain weight.

The results of our survey also show that for a minority of children involved in sport, the mainly positive body image impacts of participating in sport may come at a price. Ten per cent of respondents to the survey said that they had a special diet plan so they could reach their perfect weight, 11% had a special exercise plan aimed at the same result, and 5% said that they became anorexic or bulimic.

Young women were more likely to report that they engaged in dieting and excessive exercising to change their bodies than young men. However the difference between the sexes was more marked in the case of dieting than exercise. Ten per cent of young women said they dieted excessively to reach their perfect weight compared to 3% of young men. By contrast, 8% of young women said they exercised excessively to reach their perfect weight compared to 6% of young men. For 5% of respondents to the survey, the efforts to change their bodies had resulted in them becoming anorexic or bulimic. The vast majority of these respondents (92%) were young women.

There were some variations in the extent to which respondents actively sought to change their body shapes according to the level they reached in their sport. For example, while 9% of young people competing at recreational level in sport said that they had a special diet plan so they could reach their perfect weight, 16% (n=113), of those competing nationally and 23% (n=37) of those competing internationally had such a plan. Similarly, the proportion of young athletes reporting that they had a special exercise plan so they could reach a certain weight rose from 8% (n=136) of those competing recreationally, to 19% (n=137) of national competitors and 21% (n=33) of respondents participating at international level.

Perhaps surprisingly, the increased reporting of special diet and exercise plans in elite athletes was not mirrored by a similar increase in the reporting of excessive dieting and exercise at national and international level. The proportion of respondents who reported that they dieted excessively to reach their perfect weight remains broadly similar at between 8% and 9% at all levels of competition. Reporting of excessive exercising rose with the level of competition but not as steeply as the rise in reporting of a special exercise plan. At recreational level, 5% (n=79) of respondents reported excessive exercise to reach their perfect weight. This compares to 9% (n=151) at district level, 11% (n=78) at national level and 11% (n=18) at international level.

These results suggest that the close involvement of coaches in the training of young athletes at elite level may help to prevent excessive behaviour aimed at changing body shape. An

alternative explanation is that understanding of 'excessive' dieting and exercise alters with the level of competition.

Differences in the extent to which young people sought actively to change their bodies also emerge when the figures are broken down by sport. Of those taking part in the top seven sports in our survey, young people participating in dance as their main sport were most likely to say that they dieted excessively to reach their perfect weight (12%, n=82). Dancers were also most likely to say they became anorexic or bulimic (9%, n=58). Gymnastics, though not one of the top seven sports in the survey was a main or second sport for 7% of all respondents and 9% of young women. It shares with dance the highest level of excessive dieting and development of eating disorders. Young athletes taking part in gymnastics as their main sport were by far the most likely to say that they had a special diet plan so they could reach their perfect weight (16%, n=34). This compares with 5% (n=41) for football and between 10% and 11% for all the other top 7 sports. This young woman who competed internationally in gymnastics explained how being put on a diet plan was viewed simply as one of the standard elements of the training programme of any young gymnast:

Well again like being a gymnast, I am sure it's different for certain sports but being a gymnast you have to be as small and slim as possible, which is absolutely fine, you don't really think about it when you are really young, leading up to teenage years. But as soon as you hit teenage years they immediately put you on a diet plan, or I was immediately put on a diet plan. And again like at first you don't really think about it at all, it's just part of your training, you kind of tick these things off when you meet them and stuff, but as you get older and obviously your body starts putting weight on naturally like it suddenly becomes a problem, and you are constantly comparing yourself, if you don't win a competition then you will compare yourself physically to the winner of that competition, not only on how she performs but also on how she looks, and everything. So that became quite a big deal (*Young woman: international level gymnastics*).

Other young people described the impact of coaches and other adults on their body image. In addition to gymnasts, dancers and swimmers described coaches commenting on participants' weight, having a word if they got 'too fat' and in some cases, weighing them at training sessions. These experiences were described as embarrassing and one young woman described how she immediately relaxed about eating when she stopped swimming competitively. However, the experience of this gymnast, who left the sport at the point at which she had been hoping to make the national squad, demonstrates that the impacts of these training techniques can be long term:

Yeah I mean when, obviously when I was told at the age of ten that I didn't look good in a leotard and, and, you know, I was going through puberty. I was obviously putting on a bit of weight. And I was still totally able to do all the moves and that wasn't an issue. Yeah that really then was just the ultimate, you know, the culmination of complete and utter failure. That I had always strived to be the best and looked like all the other really good gymnasts. And I didn't. And that was it. I couldn't, I just couldn't do it any more and I think ... the transition from, from junior school to secondary school, the other factor, the big factor in my sort of low self confidence was bullying at school. And also some abuse as a child. And ... they, it all sort of culminated into me feeling

that ultimately I was a very bad person. And that I, I had to somehow become a perfect person. And obviously from those sort of early days of thinking thin was perfect. And that was what I strived for. And then it came, it just got to a point, you know, initially it started out as 'well I'm going to start doing a lot of exercise cause I want to get really fit, I want to look really good'. And that was, I mean that was when I was eleven. But, but then it sort of led and it just, well it led down the dark alley of anorexia really. And I became very, very depressed. I think certainly it would be onset of periods and really reaching sort of the height of puberty I became clinically depressed. I mean, and I, from then it was more of a case of 'well I'm just such an evil person and I don't deserve to be here'. So for me there was the kind of ultimate bad thing that I could do to myself was starve myself (*Young woman: district level gymnastics, local level equestrian sports*).

This young woman's experience recalls Stirling and Kerr's definition of verbal emotionally abusive behaviours as including degrading comments, including inappropriate references to weight and appearance (Stirling and Kerr, 2008). The young athlete notes that the criticism she received was not related to her performance and in doing so illustrates further the links between body image and criticism from coaches that were raised in the previous chapter. She also highlights puberty as a key point at which young sportspeople can begin to feel increasingly awkward about their bodies, especially, as in this case, in those sports where revealing sportswear is the norm.

## 31 CONCLUSION: BODY IMAGE

The results of the survey show that overall the body image impacts of sport are more positive than negative positive. Nearly 90% of young people responding to the survey agreed or strongly agreed that they enjoyed the way that doing sport made them feel fitter and 51% agreed or strongly agreed that doing sport improved their body image.

However, for young people going through puberty, the focus on the body in sport can lead to complex and difficult issues, also to the negative impacts within this overall positive picture. Revealing sports clothing and an emphasis on weight and diet can, for a minority of young athletes, lead to emotional and physical harm.

# SELF-HARM

## 32 INTRODUCTION

According to a national inquiry, focussing on people aged between 11 and 25, self harm – deliberately hurting oneself – is thought to affect at least one in fifteen young people in the UK (Mental Health Foundation, 2006). In coming to this estimate, the inquiry referred to the paucity of research evidence on the subject but noted that what exists shows that rates of self harm are higher among young people, more common in girls than boys and that the average age of onset is 12 (Mental Health Foundation, 2006).

The current research made an attempt to address the gap in the literature about self harm in a sporting context, both about the role sport may play as a trigger or cause of self-harm, and about the role sport may play for young people who may be self-harming in other contexts. Young people responding to the survey were asked about their experience of self-harm related to sport. As for other types of harm explored in this research, self harm was defined by a set of behaviours. In the case of self-harm, these included: cutting, scratching, pulling out hair, inhaling substances, overdosing or attempting suicide.

## 33 INFORMATION FROM THE SURVEY

Ten per cent (n=605) of respondents reported at least one of the self-harming behaviours explored in either their main or second sport. Overall, proportions of young men and young women reporting self-harming behaviours were equal but, as Table 33-1 (below) shows, there were some differences between the genders in the specific types of self-harm reported.

The most common form of self harming behaviour reported in the survey was hitting and punching yourself, reported by 56% (n=322) of those who reported self harm. Young men were more likely to report hitting and punching themselves than young women (65% compared to 53%).

The second most common self-harming behaviour was scratching and tearing your skin, experienced by 55% (n=315) of those reporting self-harm. This was more commonly reported by young women than young men (59% compared to 43%).

Thirty-nine per cent of young people who self-harmed said they cut themselves (n=218). The proportions of young men and women reporting cutting were more similar but slightly higher among young women. All other self-harming behaviours were reported by fewer than 20% of respondents who reported self-harm.

While no clear pattern emerged across different sports, there was some evidence that self harm was more frequently reported in sports such as dance and netball where women tend to predominate. However, it was also reported at similar levels in football.

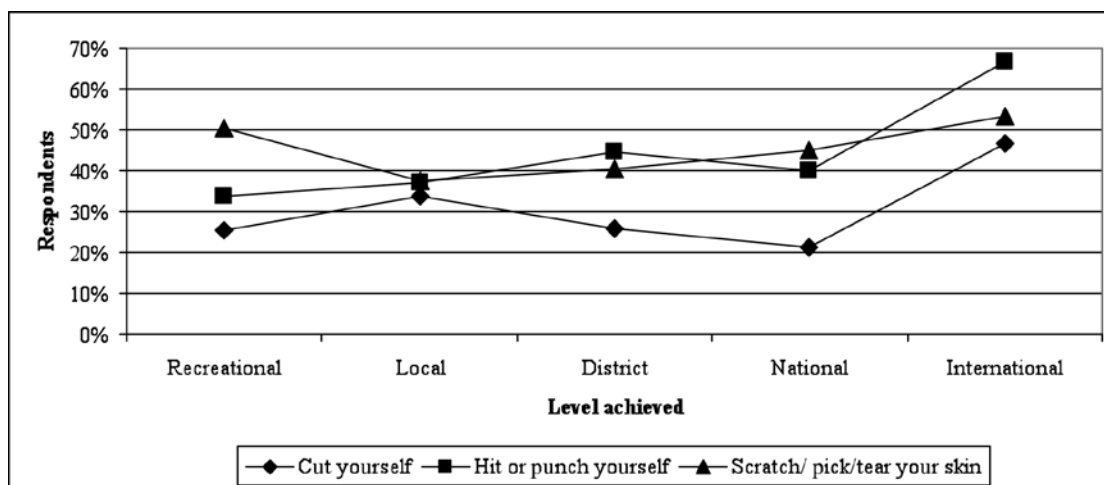


Table 33-1: Self-harm in main or second sport by gender (base=respondents reporting self-harm in either main or second sport)

		Total		Male		Female	
		%	n	%	n	%	n
<b>Cut yourself</b>	<b>Total</b>	100%	559	100%	145	100%	414
	<b>No</b>	61%	341	64%	93	60%	248
	<b>Yes</b>	39%	218	36%	52	40%	166
<b>Hit or punch yourself</b>	<b>Total</b>	100%	574	100%	147	100%	427
	<b>No</b>	44%	252	35%	51	47%	201
	<b>Yes</b>	56%	322	65%	96	53%	226
<b>Pull your hair out</b>	<b>Total</b>	100%	544	100%	142	100%	402
	<b>No</b>	81%	441	84%	119	80%	322
	<b>Yes</b>	19%	103	16%	23	20%	80
<b>Scratch/pick/tear your skin</b>	<b>Total</b>	100%	575	100%	145	100%	430
	<b>No</b>	45%	260	57%	82	41%	178
	<b>Yes</b>	55%	315	43%	63	59%	252
<b>Burn yourself</b>	<b>Total</b>	100%	537	100%	141	100%	396
	<b>No</b>	90%	484	92%	130	89%	354
	<b>Yes</b>	10%	53	8%	11	11%	42
<b>Inhale/sniff substances</b>	<b>Total</b>	100%	533	100%	141	100%	392
	<b>No</b>	96%	512	96%	136	96%	376
	<b>Yes</b>	4%	21	4%	5	4%	16
<b>Take an overdose</b>	<b>Total</b>	100%	535	100%	141	100%	394
	<b>No</b>	95%	506	97%	137	94%	369
	<b>Yes</b>	5%	29	3%	4	6%	25
<b>Attempt suicide</b>	<b>Total</b>	100%	538	100%	141	100%	397
	<b>No</b>	92%	497	96%	136	91%	361
	<b>Yes</b>	8%	41	4%	5	9%	36

As Figure 33-1 shows, when examined by level of competition achieved, the most common forms of self harming behaviours were more commonly reported at higher levels of competition. For example, 26% (n=38) of those reporting cutting themselves in their main sport competed at recreational level compared to 47% (n=7) at international level. The equivalent figures for hitting and punching yourself were 34% (n=50) and 67% (n=10), and those for scratching, picking or tearing your skin were 43% (n=262) and 53% (n=8).

Figure 33-1 Self harm in main sport by level achieved (base=respondents reporting self harm in main or second sport)



## 34 EXPLORING SELF-HARM

Interviewees who mentioned self-harm had a personal explanation for why they did it. Some young people clearly and directly attributed self-harming to experiences in sport. Others reported that the roots of their self-harming behaviour lay elsewhere, either in their family or other relationships outside sport. In these cases, the context of sport could exacerbate or be a trigger for self-harming. In the case of one interviewee who self-harmed, sport provided a safe haven from negative experiences elsewhere.

In most of the interviews where self-harm was reported, young people's experience of self-harm was associated with negative self image and body image. The process leading to this was carefully described by many young people at interview.

There were a number of examples at interview where young people directly attributed self-harming behaviour to experiences in sport. One girl involved in swimming and kayaking reported that self-harming was the result of pressures of competing, feelings of failure, and negative feelings about how she looked. In relation to body issues, she mentioned that kayaking had built up her upper body 'and I didn't have the ideal figure for outside sport':

... and I stopped being good at swimming because I couldn't concentrate on anything other than the fact that I was called like a beached whale and stuff when I dived into the pool and stuff ... basically I was upset every time I came home from swimming (Young woman: national level kayaking, district level swimming).

She also described how adults around her had failed to support her effectively. Her mother had approached the swimming coach '... and that was when they suggested I started dieting'. She felt that how you looked in sport was very important:

Even though you are good at a sport, it doesn't seem to matter how many medals you win, it matters what you look like ... just sort of ended up really miserable about my body image .... So I just used to cut a bit around my legs and stomach ... But yeah it was all carrying on with feelings when I was younger (*Young woman: national level kayaking, district level swimming*).

One young woman involved in gymnastics and who played netball also attributed her self-harming behaviour to sport. While this was also partly due to issues about appearance, in this case it was more associated with failing in competition. She described becoming self-conscious because she had to wear leotards and she compared herself to other girls. She explained that she self-harmed because of pressure and because she was annoyed with herself. She described going into the changing rooms after playing netball or gymnastics and if she had not performed well, she would feel frustrated and stupid and would hit her legs and arms and scratch herself badly. This had started when she was 10 years old and she self-harmed until she left the sport.

Another young gymnast with serious self-harming issues and who suffered from an eating disorder and depression directly attributed this to her experiences in sport. She explained the process and progress of development of this from the age of eight. This young woman had been told she could not be part of the squad going to Moscow because she did not look good enough in a leotard:

It was quite devastating. Yeah. Someone might as well have shot me in the head (*Young woman: district level gymnastics, local level equestrian sports*).

For her, there was pressure to succeed and pressures associated with how she looked. She attributed this pressure to herself, her coaches and other gymnasts. She described continually comparing herself to other girls, 'oh my size is bigger than hers', 'my tummy sticks out in my leotard and hers doesn't'. When she did not do things well enough or was criticised for something, she would 'go off into the changing rooms and just absolutely hate myself'. She described what she did when she gained a bit of weight:

I used to pinch myself so severely because I just hated that, you know, that extra bit of ... and I used to bruise myself quite badly ... and then ultimately in sort of years to come. All that kind of build up to the point where I was, kind of, you know cutting myself and things like that (*Young woman: district level gymnastics, local level equestrian sports*).

She developed an acute eating disorder, suffered from depression and had attempted suicide:

... and the feeling you know, the feelings that I felt as a teenager were very similar I remember to how I felt as an eight year old who's been told she didn't do something well enough (*Young woman: district level gymnastics, local level equestrian sports*).

Self-harming could take on different forms in the sporting context. A young woman involved in gymnastics attributed her self-harming behaviour to the pressures, regime and strictures of sport. Body image was also a factor:

I guess there are different perceptions about what self-harm was but for me I really think I put my body through way too much for when it came to stretching and flexibility and stuff. Because this was one of my weakest points and that was always something that was always drilled into me that had to be improved. I used obviously to stretch in the gym and get stretched in the gym, then at home, the very few times I wasn't at the gym, I really used to push myself. It was insane. I really used to stretch myself beyond all things until I was putting myself in tears and like almost screaming and things (*Young woman: international level gymnastics*).

She also described panic attacks and cutting herself which she attributed to sport. She reported that as she got older she struggled with the regulation and strictures of it all and having to pay so much attention to her body. In her case coaches knew about it or had found out about it but did not address it in a supportive way:

Again they have such power over you, she was just like don't do this any more, stop it, and got really mad and – I stopped – like, terrified ... I think now, I guess to relieve something, have some kind of control over anything I guess, to finally take some kind of power and control over my own body (*Young woman: international level gymnastics*).

A girl involved in karate also reported sport as responsible for her self-harming behaviour. She too felt she did it because of pressures and resentment at being forced by adults to do a sport that she hated. For her too, in a situation where she felt helpless, self-harming provided a kind of control. She explained that she self-harmed because she felt frustrated by having to go to karate when she hated it so much. She was frustrated at being in a group with older boys and not being able to physically do what was expected. The instructors did not take account of the fact that she was a girl and young. She felt no-one was listening to her. Her dad refused to let her stop, even although she had told him, her mother and her gran how unhappy she was. She felt there was no way out and her self-harming was a result of built up frustration. She reported that she did it frequently and that it got worse every time she went to karate. She said it was triggered by stress at the club, comments about her size or weight and not being able to do something about it.

Others interviewed recognised that the roots of their self-harming behaviour lay outside of sport. For example, a young woman involved in swimming was clear that sport was not the root of her self-harming behaviour but her experiences of sport 'did not help'. She self-harmed for four to five years and while sport was not the cause of her self-harm, it could trigger an episode. For example, if she performed badly, or did not meet her own expectations, or if there were negative comments, she felt she had to punish herself. She used to cut herself, burn herself and she went through a phase of overdosing on paracetamol to try to kill herself.

Two young gay men reported very similar experiences of self-harming at interview. Both recognised that their self-harming behaviour stemmed from experiences outside of sport which had led to them having negative self and body image. Both were overweight and had body issues which had developed into eating disorders and both had suffered from depression. One of these young men reported having progressed through cutting to heavy drinking at age 13. Sport had exacerbated negative feelings. The other explained he was a loner, not good at sport, and that he was unfit and overweight. For him, the triggers for self-harming were in sport but sport was not the main reason he harmed; he was frustrated and depressed about other

things in his life. Being unfit had made him very aware of his body. Over time he had lost weight but had never shook off body image issues. He became anorexic and had been diagnosed with depression age 12. He reported that he self-harmed a lot, with pins under his skin, overdoses and other self-harming behaviours. It was triggered by events in football:

I used to do it every day. It made me feel partly relieved but partly hating myself and thinking I deserved to be hurt (*Young man: local level football, recreational level kayaking*).

One young woman reported that sport played a positive role and was a haven from other difficulties in her life. Her self harm was a response to anger and frustration about issues with her family and friends and football was the only thing that kept her going through it.

One of the gymnasts quoted above explained the potential impact adult coaches can inadvertently have on potentially vulnerable young people and the great care that needs to be taken in relating to them:

I had quite a close friend who was a lovely girl and she was sort of slightly on the large side as well. And she obviously felt very self conscious in a leotard ... and I do remember her getting very upset once about being told she just didn't look pretty enough in her leotard. And you know and it's just sort of those words that to an adult then, either you accept it as criticism, and you get on with it. Or you just ignore it. But to a kid, it's, you know, they are soaking up everything, they are like sponges. They suck up everything people say ... and so she was, I think that was probably the end for her actually (*Young woman: district level gymnastics, local level equestrian sports*).

## 35 CONCLUSION: SELF-HARM

In all, 10% (n=605) of young people reported some experience of self-harm in their main or second sport. It was reported by an equal proportion of boys and girls. Young people who were interviewed reported that self-harming could be an extension to emotionally harmful experiences including being over-criticised, humiliated and made to feel embarrassed. Self-harm was reported to be related to the acceptance of a sporting culture and a belief in the need to be slim and look good in sports clothing. It was sometimes the result of pressure to look good in front of peers. Ethos and the subtle pressure to be slim and look good were also sometimes set by coaches. Negative feelings leading to self-harm could also be related to pressures of competition and training, feelings of letting yourself, team and coach down. Others mentioned the strictures, rigours and control necessary to compete and be successful at a certain level in sport; with self-harming seeming to provide some feeling of control for young people in situations where they felt powerless.

# SEXUAL HARM

## 36 INTRODUCTION

In this chapter we explore respondents' experiences of sexual harm in sport along a continuum from sexual harassment, (including both non-physical and physical behaviours), through a 'grey zone' between sexual harassment and harm, to sexualised behaviour and sexual harm. More research has been carried out on sexual harassment and abuse in sport than into other forms of harm, for example, emotional and physical abuse. Nevertheless, research in this area is still relatively recent, with studies beginning in the mid-1980s. For example, early studies on sexual harm in sport have largely focused on female athletes' experiences, emerging from earlier focus on harassment in the workplace and educational settings (Fasting, 2005). Many of these studies focus on the sexual harassment and abuse of athletes over the age of sixteen. There are few data on the childhood prevalence of these experiences in sport, and little is known about the extent of sexual harm of children in UK sport. Existing research also concentrates mainly on the experiences of elite athletes.

Little is also known about whether females are at greater risk than males of sexual abuse or harassment in sport. Greater focus on girls' experiences within the literature reflects wider studies on childhood sexual abuse, although the sexual abuse of boys is slowly gaining a more prominent position on the research agenda in recent years, both in general (Etherington, 1995, Nelson, 2009), and in sports research (Hartill, 2005, 2009).

Brackenridge (2001) has also noted that researching sexual harassment and sexual harm in youth sport is complicated by a lack of definitional consensus; there are no universally accepted definitions of sexual harassment and abuse. In an attempt at a consensus statement adopted by the International Olympic Committee in 2007, the following definitions are used:

**Sexual harassment** refers to behaviour towards an individual or group that involves sexualised verbal, non-verbal or physical behaviour, whether intended or unintended, legal or illegal, that is based upon an abuse of power and trust and that is considered by the victim or a bystander to be unwanted or coerced;

**Sexual abuse** involves any sexual activity where consent is not or cannot be given. In sport it often involves manipulation and entrapment of the athlete.

Research also indicates a 'grey zone' between the two (Brackenridge, 2001, Nielsen, 2001, Fasting, 2005). To take account of the above, Brackenridge (2001) has proposed a sexual exploitation continuum in sport, which outlines different types and degrees of unwanted sexual experiences, making the important point that despite objective definitions of such behaviours, they are experienced subjectively.

Our study was designed to throw additional light on some of these gaps about the unwanted sexual experiences of children participating in organised sport in the UK including: children's experiences of sexually harassing behaviour, the experiences of children participating at all levels in sport and the experiences of boys as well as girls. We have also tried to distinguish whether the perpetrators of behaviours are adults or peers.

Taking account of Brackenridge's (2001) sexual exploitation continuum, we discuss sexual harassment and sexual harm in three ways:

- Sexual harassment, including both non-physical and physical behaviours
- The 'grey zone' between sexual harassment and sexual harm
- Sexualised behaviour and sexual harm.

As with other forms of harm discussed in this study, both sexual harassment and sexual harm were defined by a set of behaviours (see Appendix 1). The decision about whether to locate certain behaviours within the sexual harassment category or the sexual harm category was informed by the definition given above. However, examined through the lens of the sexual exploitation continuum, it was clear that some behaviours, such as 'being touched during instruction in a way that made you uncomfortable' and 'having someone expose themselves to you', could be considered to fall into the grey zone between the two, or fit into either. The final decision was a 'judgement call'. In the sections that follow, we make clear which specific behaviours are being considered in each category.

## 37 SEXUAL HARASSMENT

Twenty-nine per cent of respondents (n=1784) reported experience of at least one of the behaviours that defined sexual harassment in the questionnaire, making it the second most common form of harm experienced by respondents to the survey. Unsurprisingly it was reported mainly by young women (34%). Somewhat surprisingly, it was reported by 17% of young men.

A number of young people chose to provide information in the questionnaire's free text boxes to help contextualise their responses. Often these survey comments dismissed the experience as banter between team mates:

Not harassment as such. Banter.

Any sexist jokes at sailing were in competitive good humour, never with aggression or intent to hurt.

I never felt endangered by the comments or the whistling. I felt it was all done in jest.

Some, however, indicated some of the particular issues for girls as they went through puberty:

I was an early developer which meant I was teased about the top half of my body but wouldn't class this as harassment.

I never felt threatened, I was just more developed than other girls and it was noticeable.

Others showed awareness that even if something was intended in good humour, it could be upsetting:

It was mostly meant in a humorous way, but it would have been easy for someone of a sensitive disposition to take it the wrong way.

I wouldn't consider what happened to be 'sexual harassment', it simply made me feel slightly uncomfortable.

These areas will be explored further in the sections that follow.

### 37.1 Perpetrators of Sexual Harassment

There is limited existing research on the perpetrators of sexual harassment of young people in sport. Where it exists, it tends to focus on the more serious end of the sexual exploitation continuum and on coaches as perpetrators.

Around two thirds of those reporting sexual harm in their main and second sport said that their team mates or peers were involved. Twenty-one per cent said that a coach was involved in harassment in their main sport and 24% in their second sport. Sexual harassment is notable among the harms explored in the research for the high proportion of 'other' perpetrators (one in five in both main and second sport). This category would include spectators and passers-by. Young women were more likely than young men to report that someone in the 'other' category was responsible for their sexual harassment, 22% (n=263) compared to 14% (n=33). By contrast, young men were more likely to cite the involvement of their team mates or peers than young women, 77% (n=175) compared to 63% (n=752).

Figure 37-1: Perpetrators of sexual harassment in main sport by level achieved (base=respondents reporting sexual harassment in main or second sport)

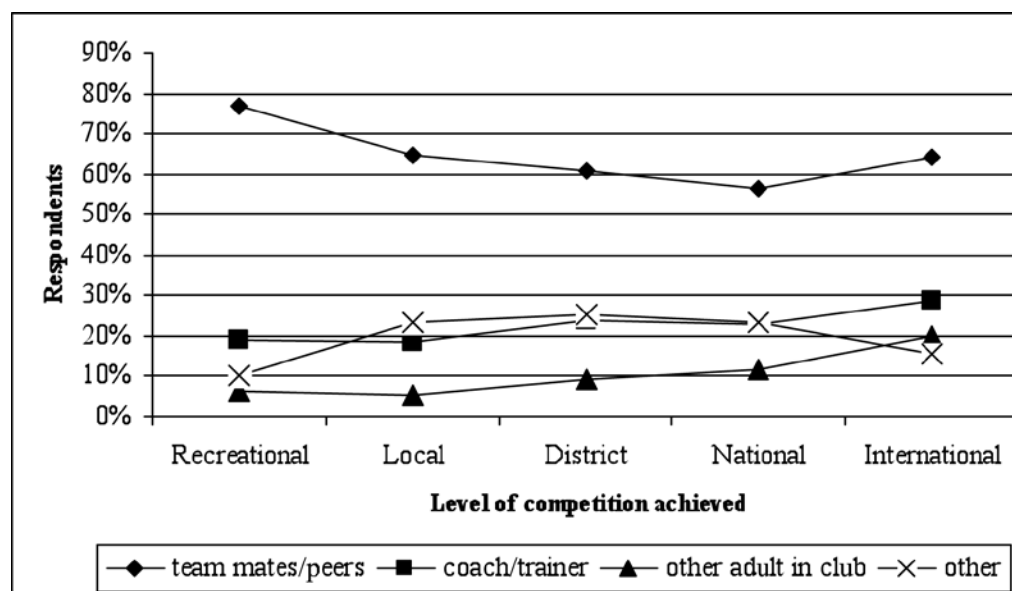




Figure 37-1 (above) shows that there is a general trend for team mate or peer involvement in sexual harassment to diminish as the level of competition increases (although numbers at the international level are small). By contrast, the role of coaches tends to increase with the level of competition. The same is true of the 'other' category, which was named as perpetrators by 10% of respondents who competed at recreational level in their main sport and by a quarter of those at national level.

The profile of perpetrators also differs when it is examined by sport, and to a certain extent, reflects the gender makeup of the sports concerned. Of our top seven sports, the sport with the highest proportion of respondents giving 'other' as a perpetrator in their main sport was an exclusively female sport – netball (43%, n=85). In dance, also predominantly female, the proportion was much lower, 21% (n=30). The difference between these sports suggests that the role of passers-by in the sexual harassment of girls is significant in sports that are played outside: hockey has the second highest proportion of 'other' perpetrators (28%, n=32).

In the interviews, young people were able to provide more information about the people who were involved in the sexual harassment they experienced and we return to some of these issues in the sections that follow.

## 37.2 Non-physical Sexually Harassing Behaviour

Table 37-1 shows the frequency with which respondents to the survey said they had been subject to non-physical sexually harassing behaviours. Within this category, we have included the following behaviours: being subject to sexist jokes, being whistled or leered at and having sexual comments made about your appearance. The table shows that nearly three quarters (n=1254) of those who reported sexual harassment had experienced at least one of these non-physical behaviours in their main sport, 11% of them regularly. The equivalent figures for second sport are 41% and 6%. This kind of harassment was much more commonly experienced by young women than young men (73% compared to 58% in main sport) but the proportion who experienced it regularly was similar for both genders. The same pattern is evident in second sport but both absolute numbers and proportions are smaller.

**Table 37-1 Non-physical sexually harassing treatment in main and second sport, by gender**  
(base=respondents reporting sexual harassment in either main or second sport)

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
Main sport	Total	100%	1784	100%	284	100%	1500
	Never	30%	530	42%	118	27%	412
	Once or twice	60%	1063	48%	137	62%	926
	Regularly	11%	191	10%	29	11%	162
Second sport	Total	100%	1614	100%	257	100%	1357
	Never	59%	954	69%	178	57%	776
	Once or twice	35%	570	25%	63	37%	507
	Regularly	6%	90	6%	16	5%	74

In both main and second sports, non-physical sexual harassment was a more common experience for those young people who competed at levels higher than recreational sport. Of those reporting sexual harassment, 61% (n=259) reported experiencing non-physical harassment in their main sport at recreational level, 7% of them regularly. At local level this had increased to 69% (n=381), 9% regularly (n=48). At district level, over three quarters (n=422) reported this experience with 13% (n=71) saying it was regular. The proportions at national level show a slight drop before rising to 85% (n=43) at international level. The same upward trend is evident in respondents' second sport, but once again with smaller absolute numbers and proportions.

When examined by sport, it is clear that gender is a component in the experience of sexual harassment. Netball is the main sport with the highest proportion of respondents recording non-physical sexually harassing behaviours (82%, n=183, 14% regularly, n=31). Hockey has a similar proportion. However, the picture is not simply one of gender. Dance (also a predominantly female sport) records the lowest level of respondents reporting non-physical harassing behaviours, while athletics, with more or less equal proportions of boys and girls participating, had the third highest level of respondents reporting this experience in their main sport. This may be related to the fact that these sports are played outdoors where the chances of harassment by spectators and passers-by is greater. Young people giving football as their main sport had reported experiencing the same level of these behaviours as those giving athletics and the reasons for this may be explained by the specific types of behaviour concerned, with boys being more likely to report having sexual comments made about their appearance than any of the other non-physical harassing behaviours (see below).

Being whistled and leered at was the most common of the non-physical sexual harassing behaviours. Sixty one per cent of respondents reporting harassment in either their main or second sport said that they had experienced this (n=1039). It was more commonly reported by girls (65%), although it was also experienced by boys (36%). Looked at across different sports, unsurprisingly this was less frequently reported in mainly male sports such as rugby and football; more frequently reported in mainly female sports, for example netball and hockey. Young people's experience of whistling and leering increased with level of competition.

Being subject to sexist jokes was reported by 53% of those who reported sexual harassment (n=895) and was the second most common non-physical harassing behaviour. This was also more commonly experienced by young women (56%) than young men (39%). It happened almost as frequently in mainly male sports as in mainly female sports and, and it increased with level of competition.

Thirty eight per cent (n=633) of those reporting sexual harassment reported having sexual comments made about appearance. Perhaps surprisingly, this was reported by similar proportions of young men (36%) as young women (38%). It was reported at the same rate across sports and again it increased with level of competition.

Evidence from the interviews suggests that much non-physical sexually harassing behaviour took the form of male team mates and peers making comments to female team mates in mainly mixed sports; and male team mates and peers making comments to male team mates in mainly male sports.

These behaviours were mainly reported by young people as ‘banter’ and ‘lads being lads’, which could be ‘laughed off’. This was largely seen as acceptable and explained as ‘just what happens in sport’.

The water boys in kayaking would often make leering remarks, I suppose, at all us girls. It was probably about 80% boys in the team. And especially the older ones, they are like fifteen, sixteen, their hormones are all over the place. And we were subject to many a comment. It wasn't anything that would upset me or anything ... but it was pretty much every other session, there'd be some sort of comment made about someone's boobs or someone's bum or something like that ... Adults just put it down to boys being boys. It was never something that was ever picked up on (*Young woman: national level kayaking, district level swimming*).

Some young women mentioned puberty as the time of onset of these behaviours, a time when girls could be particularly self conscious about looks and appearance as their bodies changed:

The club didn't always have enough staff, so sometimes they'd put the girls with the boys. The lads did go through a stage of standing too close, making jokes and comments about our bodies. It made me feel uncomfortable ... it was just boys being boys. That's what boys do at that age; they're immature at 13/14 (*Young woman: recreational level trampolining, recreational level rounders*).

Basically, it was mainly my peers ... I mean it was the boys, obviously. But they were the same age as me so I don't think it was really done as harmful. It was just done in that sort of see what I can get out of this sort of thing (*Young woman: district level swimming, recreational level athletics*).

However, some young people could feel uncomfortable and distressed by sexist comments and jokes. Some felt it should be taken more seriously by coaches and adults. For example, a young woman participating in a number of sports described ‘a bit of sexual harassment in rugby; male jokes, being leered at, sexual comments made about appearance’. She also described boys ‘mooning’ and ‘exposing’ themselves. She put this down partly to participating in a mainly male sport. She said it was mainly peers but was not pleasant. She felt that ‘bullying was massive and needed to be tackled’.

Revealing sports gear such as swimsuits, leotards and short skirts were often mentioned as a focal point for leering, sexual comments and jokes, particularly from spectators and passers-by:

Well the club where we trained had huge fire doors in the middle of public areas and stuff, so you used to keep like all the doors open and like an entire club of like young girls in leotards for training. And so a lot of people came and watched, and lot of them were like younger guys and stuff (*Young woman: international level gymnastics*).

I don't know, a couple of times, just one of the people walking past the courts and things. Obviously at like the tournaments and stuff, there's obviously a lot of boys like the same age, similar age. And they are trying to impress their mates. So they'll just obviously whistle, say some like silly comments. Never anything you'd take like serious, like I would have taken that seriously (*Young woman: international level tennis, district level netball*)

Coaches were mentioned as implicated in verbal sexually harassing behaviour. In some cases this was by failing to deal with it effectively when it occurred:

Sometimes some of the spectators, the young lads, would make sexual jokes and comments when I was about 14/15 years old. This went on till about year 11. It wasn't anything really bad but it did make me feel self conscious. The coaches knew it too and they used to tell us just to ignore it (*Young woman: local level netball, local level gymnastics*).

However, some coaches were involved directly by commenting on the appearance of young athletes, particularly girls. Revealing sports clothing could also be a focal point here. One girl involved in swimming and tennis described how in tennis, coaches were very aware of girls' appearance and girls knew this. She described how coaches would tell girls if they looked good and would point out if they appeared to have lost weight or if their bottoms had got smaller – 'They knew your figure off by heart'. At the time she didn't think anything of it but now thinks it is 'perverted'.

Other adults too could contribute to young female athletes feeling uncomfortable about clothing and/or appearance:

At netball, the courts were outside and near to the main road and passers by used to wolf whistle but nothing more than that. We were prancing about in those little netball skirts. It made me feel uncomfortable. I noticed it more as I got older (*Young woman: local level netball, local level gymnastics*).

Apart from being the main perpetrators, boys, although fewer in number than girls, reported being recipients of and affected by sexually harassing behaviour. Again this often took the form of derogatory discussion of bodies, body parts and appearance. Again, this was often 'laughed off' and reported as 'just what happens in sport:'

Just silly things, the way boys behave, saying silly things about your private parts. It was sometimes inappropriate but I just sucked it up, though it did make me feel uncomfortable. It was not a big problem (*Young man: district level athletics, local level football*).

There seemed to be particular issues for young gay male athletes. One young man described his experiences of homophobic bullying. He explained how he was gay and quite 'girly' looking and how at football he had experienced lots of sexist and homophobic jokes and bullying. He described 'terrible rumours being spread about his sexuality and 'weird things like he had had some ribs removed so he could have sex with himself'. He described how 'it got more difficult and harsher over the years'. This occurred outside sport as well. He described how he had tried to kill himself several times.

We also asked young people about sexually harassing behaviour involving phone calls, letters, emails and texts or if they had received invitations that had made them feel uncomfortable. Overall, 5% (n=77) of people reporting sexual harassment experienced these types of behaviour in their main sport, and 2% (n=32) in their second sport. The most common of these experiences was receiving invitations to be alone with someone that made you uncomfortable, experienced by 52 respondents to the survey. The use of email, text and internet/social networking as a way of communication between peers was at early stages during the childhood and teenage years of this study's respondents. However, this is a fast developing area. There have been considerable developments in technology and children's use of new technology to communicate since, with an emerging literature on cyber-bullying (Patchin and Hinjuda, 2006, Ybarra and Mitchell, 2007, Wade and Beran, 2011)

We also used the questionnaire to explore the experience of behaviours which, when taken together with others, could constitute possible grooming by adults. These included: receiving excessive compliments or criticism about your appearance, receiving excessive compliments or criticism about your performance, and receiving inconsistent treatment – sometimes singled out, sometimes ignored. At least one of these behaviours was experienced by around a quarter of respondents. However, it was not possible to use the interviews to explore the extent to which they were part of a pattern of inappropriate or possible grooming behaviour from adults. This would be a fruitful area for further research.

### 37.3 Sexual Harassment with a Physical Element

The experience of physically sexually harassing behaviours was less commonly reported in the survey, as shown in Table 37-2. In this category, we have included: having your space invaded, physical contact that made you uncomfortable, being touched in a way that made you uncomfortable, and having a massage or rub that made you uncomfortable. As Table 37-2 shows, 34% (n=605) of those reporting sexual harassment had experienced at least one of the behaviours in their main sport, 5% regularly, and 16% (n=260) in their second sport, 2% regularly. Perhaps surprisingly they were more commonly reported by young men than young women.

**Table 37-2 Physical sexually harassing treatment in main and second sport, by gender**  
(base=respondents reporting sexual harassment in either main or second sport)

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
Main sport	Total	100%	1784	100%	284	100%	1500
	Never	66%	1179	62%	177	67%	1002
	Once or twice	29%	523	32%	91	29%	432
	Regularly	5%	82	6%	16	4%	66
Second sport	Total	100%	1612	100%	257	100%	1355
	Never	84%	1352	81%	208	84%	1144
	Once or twice	14%	224	16%	41	14%	183
	Regularly	2%	36	3%	8	2%	28

Young people reported these behaviours at all levels of competition. They were more common at recreational level (38%, main sport, 4% regularly). Respondents participating in all of our top seven sports reported these behaviours. Those giving rugby as their main sport reported them most (48%, n=35) and athletics the least (25%, n=25).

Having your space invaded was by far the most common of these physical sexually harassing behaviours. Thirty-five per cent (n=596) of young people reporting harassment had experienced this in broadly similar proportions of young men and women. More active physical harassment was much rarer. Sixteen per cent (n=262) reported physical contact that made them feel uncomfortable, and this was a little more common among young men than young women (18% compared to 16%). One hundred and twenty-four young people (8% of those reporting harassment) had been touched during instruction in a way that made them uncomfortable and 49 (3%) said they had had a massage or rub that made them uncomfortable.

In the interviews, most reports of this kind of behaviour took the form of young people feeling uncomfortable about being touched during instruction. Young people understood sometimes that this might be necessary but were unhappy about the way it was done. One young woman involved in gymnastics explained:

Sometimes coaches would stand too close or touch us when showing us how to do something. I used to feel they were in my personal space, but they had to show you (*Young woman: local level netball, local level gymnastics*).

This young woman, however, made clear that there were ways to avoid making children uncomfortable while coaching:

I didn't like how they would grab you to show you how to do something. I hated that. I suppose they needed to do that. ... But I didn't like it and felt that they should have asked me first before just grabbing or touching me. ... I was a coach after I left school and we were taught how to show children to do something without touching them. And we were told always to ask first if we wanted to touch a child to show them something (*Young woman: district level swimming, recreational level gymnastics*).

## 38 THE 'GREY ZONE': SOMETHING OR NOTHING

In this section we discuss the 'grey zone' between sexual harassment and sexual abuse where young people could feel unsure about whether something sexually inappropriate had occurred or not. Here, we clearly begin to see a cross-over and continuum from sexually harassing behaviours into sexual abuse; and to see echoes and resonances from other literatures highlighting different perceptions of appropriate coach behaviour within the coach-athlete relationship (Nielsen, 2001) in particular, relating to the 'grey zone'. Discussing the findings of Volkwein *et al.* (1997) Brackenridge (2001: 55) highlights the following confusion that might be felt by young athletes:

Students responding in this study were clearly able to separate instructional behaviours from those that crossed the line between trust and exploitation. However, between the

extremes of behaviours from those that were definitely acceptable to those definitely constituting sexual harassment there were many context-dependent ambiguities.

It is also suggested that children may be less able to distinguish ambiguity or inappropriate coach behaviours than older athletes (Volkwein *et al.*, 1997)

Some of these issues were explored with young people in interview. There were several examples where young people described the so-called 'grey zone' between sexual harassment and sexual abuse where young people could be left feeling unsure and confused about whether something inappropriate had happened or not.

In some examples from this study, young people reported being unsure at the time about whether behaviours were inappropriate and remained unsure, even with hindsight. Others were clearer in retrospect that something inappropriate had occurred. What remains unclear is whether the adult concerned was or remains a risk to other young people.

There was little evidence of young people who described these experiences telling anyone about them. They did not seem confident about sharing information with adults, particularly where they would be acting on a 'hunch', or a 'gut feeling' that something was not right. The extent to which young people felt unable to disclose feelings of confusion about adult behaviour was notable.

A young man who had participated in rugby as a child described experiences which, although he looked back on them with some amusement, fell far outside appropriate coaching behaviour:

One of the coaches, if you had a good game or whatever, he would tap you on the bum, and it's like, if your team mate did it you probably wouldn't care, but when you're 13 or 14 ... tap on the bum, and you're like, gross! ... yeah, it was just like a bit creepy (*Young man: local level rugby, local level football*).

A young woman described how a friend's dad, who was a trained physiotherapist, had offered to massage the kids in the club. She was about 14 and it felt uncomfortable and she felt scared. She knew other kids in the club who had received a massage from this man and who did not like it.

The report below of one girl's experience when involved in show-jumping was potentially more serious. It highlights the difficulties for young people in knowing and understanding adult behaviour; also barriers to reporting hunches and feelings about adults who may pose a threat:

I suppose it was by one person in particular who worked at the stables that I was working at from about the age of, I think I started about the age of 10 ... but one of the instructors there, a gentleman, he lived at the stables. A bit of a strange guy really, a bit of a loner. But he, I remember, being very aware of, you know, he, he would just kind of like, I'd be in a stable and he'd kind of come and help me. But just too close, and, you know, I was, I remember when he was actually, if he ever took lessons then I can remember him touching my legs, or things like that ... I observed it with the other girls he was around as well. It was inappropriate and I think I was right to be aware of it and scared of it. Yeah. To me it was difficult to the point where I was turning up in the



yard and if he saw me come over and give me a hug and make me kiss him, you know he'd give me a kiss on the cheek or, and you know, it just felt weird and wrong. Yeah, but again it was a case of, I just froze like a rabbit in the headlights ... And yeah, he did it with other girls as well, and yeah, I don't know why people didn't notice. I suppose I was ... he was just ... it was someone at such a sort of level. And I think he was careful not to step over the line, but still, I don't know, got whatever kicks he got out of it, yeah (*Young woman: district level gymnastics, local level equestrian sports*).

## 39 SEXUALISED BEHAVIOUR AND SEXUAL HARM

Knowledge about prevalence of sexual abuse in any context is closely linked to how far those who have experienced sexual harm feel able to disclose, either in childhood or adulthood. We know from wider literature that many children do not tell anyone at the time of the abuse, and some never do. The first NSPCC Prevalence study (Cawson *et al.*, 2000) found only 28% of young adults (aged 18–24) who had experienced sexual abuse as a child told someone at the time, a further 27% told someone later, but 31% had never told anyone. Literature on child abuse in sport suggests that within sporting contexts, disclosure may be particularly difficult where the perpetrator is held in high regard, such as well-respected coaches or sporting officials (Hartill, 2009). For example, several cases came to light in the 1990s within British swimming, where high-ranking individuals abused multiple young athletes over decades before conviction (Myers and Barret, 2002). It may be that sexual abuse is underreported in the survey. In addition, few young people who reported sexual abuse came forward for interview. Reported findings in this area are therefore tentative.

Overall, 3% (n=170) of respondents to the survey reported some form of sexually harmful behaviour in either their main or second sport. The behaviours included in this category were: being forced to kiss someone, having someone expose themselves to you, being touched sexually against your will, someone attempting to have sex with you against your will, and being forced to have penetrative sex. Perhaps surprisingly, young men were more likely to report sexual harm than young women (5% compared to 2%), a finding that is explained by the specific behaviours reported and explored below.

### 39.1 Perpetrators of Sexual Harm

The literature on sexual abuse in sport has tended to focus on coaches. However, some information exists to suggest that other adults may be perpetrators. Of 14 allegations of sexual abuse made to the Football Association in England over a three-year period (Brackenridge *et al.*, 2005) alleged perpetrators included six coaches/teachers/instructors; four managers/administrators/ selectors; two referees; a medic/physio and a peer athlete.

Information is also emerging that peers and other young athletes may also be sexually abusive. Evidence from studies of sexual abuse in other settings indicates that large numbers of perpetrators are peers (Radford *et al.*, 2011). There is a body of North American research which has considered sexual harassment of female athletes by male athletes in college and university



settings. However, very little is known about peer to peer sexual harassment or abuse among younger athletes. The current research adds to the available evidence on these issues.

Table 39-1 (below) shows the perpetrators of the sexually harmful behaviours reported by respondents to the current survey. It shows that the vast majority of respondents who experienced sexually harmful behaviours in their main sport (88%, n=118) said that their team mates or peers were responsible. Team mates and peers were even more significant as a perpetrator for young men than young women (97% compared to 81%). The patterns are the same for second sport although absolute numbers are smaller.

**Table 39-1 Perpetrators of sexual harm in main and second sport by gender (base=respondents reporting sexual harassment in either main or second sport)**

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
<b>Main sport</b>	team mates/peers	88%	118	97%	60	81%	58
	coach/trainer	8%	11	5%	3	11%	8
	other adult in club	6%	8	3%	2	8%	6
	other	7%	9	5%	3	8%	6
	Total	100%	134	100%	62	100%	72
<b>Second sport</b>	team mates/peers	86%	49	100%	22	77%	27
	coach/trainer	9%	5	9%	2	9%	3
	other adult in club	11%	6	14%	3	9%	3
	other	9%	5	0%	0	14%	5
	Total	100%	57	100%	22	100%	35

There is very little difference in the profile of perpetrators when examined by level achieved but the results suggest that of our top seven sports, male sports such as rugby and football have particularly high rate of team mate involvement in these behaviours.

## 39.2 Exploring Sexualised Behaviour and Sexual Abuse

More serious forms of sexual abuse were rarely reported in the survey. Eighty per cent (n=135) of those reporting sexual harm had had someone expose themselves; an experience much more common among boys than girls (90% compared to 72%).

Being forced to kiss someone was the second most common experience in this area, reported by 31% (n=49) of respondents who had been sexually harmed. This was more commonly experienced by girls (37%), but also by a surprisingly high percentage of boys (24%).

Twenty-two per cent of those who reported harm in this area (n=32) said they had been touched sexually against their will, an experience more common to girls.

Fourteen young people reported that someone had tried to have sex with them against their will (12 girls and 2 boys) and 9 said they had been forced to have penetrative sex (8 girls and 1 boy).

Most of the sexual harm disclosed took the form of sexualised behaviour between male peers. There was limited discussion of these behaviours at interview but a number of young men provided additional information on their questionnaires and their comments suggest that they just saw it as harmless fun:

It was common place to be naked in changing rooms and bum grabbing was funny. Forced kissing on the cheeks is also funny.

I wouldn't consider this 'sexual harm.' I would consider it joking around with the lads. Nothing sexual was intended.

Some comments recognised, however that these behaviours could be uncomfortable for some:

Teenage boys are stupid and running around naked exposing themselves to people was common, and for a select few members of the team, was a staple. It could be uncomfortable or funny depending on the setting.

They said that it's a joke but in the end, I wasn't satisfied by their attitude.

Some male to female behaviour was reported in more mixed sports such as swimming. Some young people laughed this off at the time:

Boys at the competition at swimming would find it a great joke to run into the girls changing rooms and flash their bits at us. That was quite common, but they were just little boys being little boys really ... The coaches would be like, you know, 'leave off', but it was never anything serious. They never got sent out of swimming or anything for it. It was always 'pack it in lads' (*Young woman: national level kayaking, district level swimming*).

At the time, this young woman found this behaviour to be immature but not upsetting. Looking back, although she was aware it was not actively condoned by coaches, she thought it was 'gross' and that adults should have done more to prevent it from happening.

Sometimes this type of behaviour could also involve coaches directly and echoes information from literature that it can occur between athletes and coaches near the same age and raises abuse of trust issues. One young woman described an experience she had when she was 14 years old with a junior trainer, himself in his late teens or early twenties:

He just knocked on the changing room door and sort of flashed. And I was – 'oh ok' – I thought I don't know what to, sort of react ... he did it to several girls in the changing rooms ... but we all thought it was a bit funny ... as you get older, you realise that maybe it wasn't so funny (*Young woman: district level swimming, recreational level athletics*).

Other young women described similar experiences:

At one of the competitions one of the adults made a pass at me and one of my friends ... well we were fifteen, and he was twenty, maybe 21. That's the problem with the

coaches being so close in age to the team ... when I look back on photos, I look about 20 ... and so ... he probably didn't know we were 15 and when I was in the over 16 team (16–18) a lot of the 17 and 18 year olds were dating and having sexual activities with a lot of the coaches, so it was one of those things really ... there was an occasion where there was a group of us went away for a weekend training for a competition, including some of the younger coaches. One was 18, one was 20. And we were all playing spin the bottle. I didn't kiss the adults but some of the others did (*Young woman: national level kayaking, district level swimming*).

There were more serious reports. The example below highlights the way incidents can flare up out of sight of coaches and supervisory adults, the vulnerability of some young people and the long lasting effects of some of the behaviours. This young gay man described an incident when he was forced to kiss another boy:

It was like, how do I describe it. Like when you put on weight it looks like you have breasts as a boy. [There were] jokes about page three and things like that. Like when you are ten, 11 and 12, kids know nothing about ... it would be like – 'oh you're turning into a girl! And then it was like, 'boys kiss girls'. You kiss each other, like that – they wouldn't let me out of the changing rooms before I went along with what they wanted ... and obviously 5 minutes can seem like 5 hours when you are a child. You are like, 'no I need to go, I need to go now, I'm going to be in trouble. And so maybe another 30 seconds went on and it just got worse. So I mean it would only be like a few seconds but then, I'd, you know, and I could say that was more of a big deal than sort of like the fat jokes (*Young man: local level swimming*).

This boy left sport altogether without explaining to anyone why he was doing so:

So, I'd you know, I probably in the car on the way home would have probably have said that, well not said what happened but said that 'oh I'm just getting a bit bored with all this now' and dress it up as me not wanting to do it any more (*Young man: local level swimming*).

## 40 CONCLUSION: SEXUAL HARASSMENT, SEXUALISED BEHAVIOUR, SEXUAL HARM

Three per cent (n=170) of respondents said they had experienced any of the behaviours explored in the sexual harm category and the most common of them was being flashed at (80% n=135 of those reporting sexual harm).

However, the results suggest that for some young people, particularly girls, unwanted sexual attention is a frequent occurrence in sport. Sexual harassment was the second most common form of harm reported in the survey, experienced by nearly a third of respondents (n=1784). Most of the sexual harassment was non-physical in nature and much of it came from peers. However, some came from spectators and passers-by and was linked by interviewees to revealing sports clothing.

Feelings of discomfort are strong around puberty when girls can be particularly self conscious about body image and their changing bodies. Despite their discomfort, young people tend to expect and accept these behaviours as normal. The survey has revealed that sexualised behaviour can be an issue for some, particularly in male sports. There was some evidence of serious sexual bullying and this could be a particular problem for young gay athletes. Again, where this happened, it tended to be dismissed as normal and was accepted by the young people concerned, even when they found it uncomfortable. There were no reports of active adult involvement in these behaviours but, looking back, some young people thought that more should have been done to prevent them.

# PHYSICAL HARM

## 41 INTRODUCTION

In this chapter we explore respondents' experience of physically harmful treatment in sport, including training while injured or exhausted and aggressive and violent behaviour. There have been few studies of physical violence in sport; fewer still on physical violence in relation to children in sport. Although the physical abuse of children has been the focus of empirical investigation more generally (Cawson *et al.*, 2000, Creighton, 2002, Radford *et al.*, 2011), large-sample empirical studies of the prevalence or nature of physical abuse within sporting environments are scarce. This is not to say that physical violence does not occur; allegations of physical abuse made up 23% of 132 abuse allegations made to the Football Association over a three-year period (Brackenridge *et al.*, 2005).

Stirling (2008) notes that physical abuse incorporates both contact and non-contact physical abuse, and presents (hypothetical) examples of different forms of physical abuse of children within sporting contexts. Contact physical abuse may involve punching, beating, kicking, biting, shoving, striking, shaking, throwing, stabbing, choking, burning, spanking, slapping, whacking, hitting with a stick, strap or other object. Non-contact physical abuse might involve requiring an athlete to remain motionless or in a seated position without a chair; forcing an athlete to kneel on a harmful surface (e.g. gravel track); isolation in a confined space; denying use of the toilet; denying access to needed water, food or sleep and forced physical exertion.

Our study provides new insights into the nature of physical harm to children in sport in the UK. As with the other forms of harm explored in the current research, we have defined 'physical harm' through a set of behaviours (see Appendix 1). Twenty four per cent (n=1430) of respondents to the survey reported that they had experienced at least one of the behaviours that defined physical harm in either their main or second sport. After emotional harm and sexual harassment, it was the third most common form of harm reported in the survey. It was more commonly reported by young men (26%) than young women (23%). Respondents were more likely to report physical harm in their main sport (20%) than in their second sport (13%) but athletes at all levels of competition experienced it in both.

## 42 PERPETRATORS OF PHYSICAL HARM

As is the case with others forms of harm, the existing literature on the physical harm of children in sport concentrates mainly on physical abuse and violence by coaches and trainers. For example, David (2005: 69) discusses anecdotal accounts of young athletes being physically harmed (e.g. kicked, slapped, hit, beaten) from a range of countries, including the US, Switzerland and Germany, noting:

Though specific research is still scant, corporal punishment is sometimes inflicted in the sports world on young athletes who do not perform as well as expected and on those who do not conform to the strict discipline. Aware of the potential risk of abuse

by trainers, the Australian Sports Commission, the government agency for sports, declared in 2000 in one of its major policy documents that: 'Training techniques that give extra physical loads to children as 'punishment' can be dangerous to the health of children who are already physically tired.

The current research, however, explored experiences of physical harm in young athletes regardless of the perpetrator. Of those reporting some form of physical harm in their main sport, 62% (n=687) said their team mates or peers were responsible for at least some of the harm they experienced. More than a third of respondents (37%, n=413) said that a coach or trainer was involved. In respondents' second sport, team mate involvement was higher and coach involvement lower.

Figure 42-1 Perpetrators of physical harm in main sport (base = respondents reporting physical harm in either main or second sport)

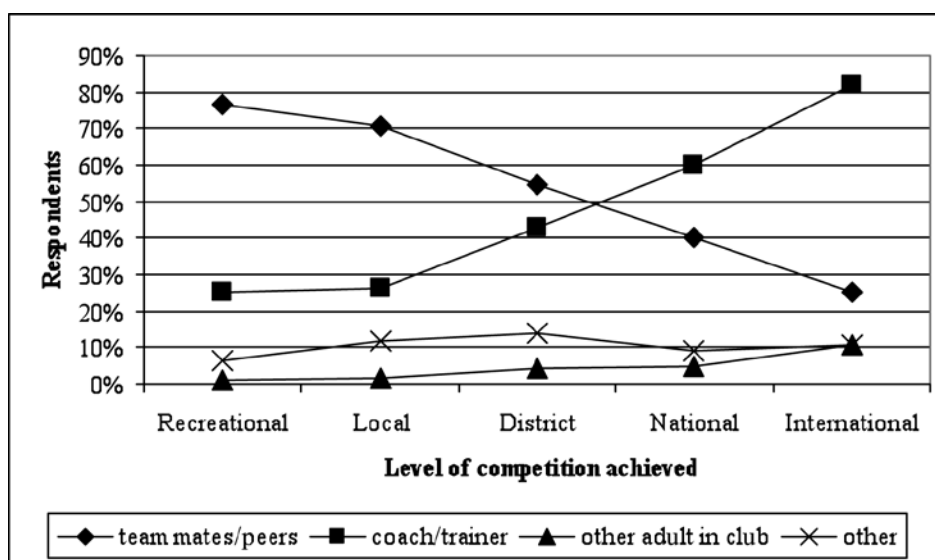


Figure 42-1 shows clearly that in respondents' main sport coaches and trainers become a more significant source of physical harm the higher young athletes advanced up the competitive ladder. Twenty-five per cent (n=58) of those who competed at recreational level in their main sport said that their coach or trainer was a perpetrator of the harm. This compares to 43% (n=154) at district level, 60% (n=85) at national and 83% (n=23) at international level. The role of other adults involved in the club in physical harm was small overall but also increased as respondents to the survey reached higher levels of competition.

The role of team mates and peers as perpetrators of physical harm becomes less important as the role of adults increases. Over three quarters (77%, n=176) of young athletes who reported physical harm while competing at recreational level in their main sport said that their team mates were involved in perpetrating the harm they experienced. This proportion dropped steadily through the levels of competition and had fallen to 40% (n=57) at national level and 25% (n=7) at international level. In respondents' second sport, similar patterns emerged although the numbers reporting physical harm above district level in their second sport are small.

The profile of perpetrators of physical harm varied according to the sport respondents participated in. Of the top seven sports in our survey, respondents who took part in rugby as their main sport were the most likely to report team mate involvement in physical harm (77%, n=68). Hockey (71%, n=70) and football (68%, n=135) also had a high level of team mate perpetrated physical harm. The sports with the highest level of coach or trainer involvement in physical harm were dance (73%, n=70), swimming (58%, n=69%) and athletics (50%, n=18). The profile for second sport was similar and the results suggest, not unexpectedly, that athletes competing in team sports were more likely to experience physical harm at the hands of their peers and those competing in more individual sports were more likely to report that their coach or trainer was responsible.

When examining physical harm within sporting contexts, it is useful to distinguish between physical abuse directly perpetrated by adults and/or peers, and harm that occurs due to the norms of sporting culture, or accidental injuries sustained as a result of the inherent physicality of the sport. This was a distinction that many of the respondents to the survey were keen to draw in their comments in the survey free text boxes:

It was rugby, it was no more to be expected – as it is a contact sport – and there were never serious injuries only bumps and bruises.

Only ever accidental that comes with participation i.e. being thrown in judo is part of judo, having a ball thrown at you is part of netball – occasionally accidents happen but nothing to deliberately harm.

However, this physicality could also be used to mask violent and aggressive behaviour between team mates and peers:

It was rugby; it's basically fighting with a few rules. It would be ignorant to think that I and my team mates didn't bring some of our anger and aggression at the world, as well as each other onto the field.

These areas and the roles of adults and peers in specific types of physical harm are explored in greater detail in the sections that follow.

## 43 TYPES OF PHYSICAL HARM

David (2005) proposes four types of physical abuse and violence which young athletes may be exposed to in sport: excessive intensive training; violence due to participating in competitions; peer violence and physical violence by adults. We have adapted this typology to report on physical harm as follows:

- Excessive intensive training
- Training or competing through injury and exhaustion, including returning to training and competition too soon following injury
- Physical aggression and violence: (1) by coaches and other adults; (2) by team mates and peers

- Drug use to enhance performance.

In the following sections we explore this in more detail using these themes and drawing on information from other studies, from our survey data and interviews.

## 44 EXCESSIVE INTENSIVE TRAINING

Existing research about children participating in competitive sport who undergo intensive training at a young age suggests it can have serious implications for athletes' physical, physiological and psychological health (Maffulli and Pintore, 1990, American Academy of Pediatrics, 2000, David, 2005). Overuse injuries and burnout among young athletes have been identified as a growing problem in the US (Brenner, 2007). A statement by the American Academy of Pediatrics notes:

To be competitive at a high level requires training regimens for children that could be considered extreme even for adults. The ever-increasing requirements for success creates a constant pressure for athletes to train longer, harder, more intelligently, and, in some cases, at an earlier age. The unending efforts to outdo predecessors and outperform contemporaries are the nature of competitive sports. The necessary commitment and intensity of training raises concerns about the sensibility and safety of high-level athletics for any young person (American Academy of Pediatrics, 2000).

The literature also highlights the difficulty for coaches of distinguishing between intense training and overtraining. David (2005) has argued:

A very thin line divides intensive training that allows children to fulfil themselves from that in which they are abused and exploited. It is not easy for adults to assess constantly whether the child's full development is benefiting or not from intensive training (David, 2005: 53).

At interview, respondents to the current research provided a few examples of good practice where coaches took great care to protect young people from overtraining, for example:

Our coach would never encourage anyone to over-train. He would always make sure he knew what other sports and activities you were involved in and make sure he didn't set a training plan that was too hard ... and never encouraged overtraining because it affects performance (*Young woman: national level athletics, recreational level martial arts*).

Some young participants in the research reported their experience of excessive training as relatively minor, occurring infrequently, with few lasting effects. But examples of more serious overtraining were reported by young people participating in sport at all levels. One respondent participating in sport at a lower level explained:

I was never very good at running and literally I was nearly passing out ... I remember when I was really exhausted I'd just carry on and by the end of it I'd just feel really sick and ill (*Young woman: district level swimming, local level netball*).



An international canoeist mentioned that she would often train so hard that she couldn't move any longer. She described an incident that took place in winter when she had been pushed to the extent that she collapsed in the water and failed to resurface. Her coach stood on the bank and told her to 'stop messing'. It was up to another coach to go in and fish her out.

The distinction between intensive training and training through injury or exhaustion is not a clear one and the process by which young athletes are inculcated into a particular sporting culture is recognised in the literature. David (2005: 73) describes the explicit and implicit normative values of sport, noting:

If children are involved in competitive sports at an early age, they will, as they grow, learn about both the written and the unwritten rules.

Experiencing pain and injury is a normal part of participation in organised sport and ignoring injuries and 'playing through pain' are central principles of sporting culture. Research with athletes has highlighted normative values concerning athleticism, also termed the 'sport ethic' (Malcolm, 2006, Coakley, 2007, Killick, 2009). Athletes who adhere to the sport ethic tolerate pain and continue to compete while injured in order to maintain their athletic identities, to avoid negative sanctions (e.g. being ignored by team mates or coaches; being ridiculed or stigmatised, being dropped from the team), and to win the respect of their team mates and coaches by demonstrating their commitment to the sport (Malcolm, 2006). Various people may play a role in maintaining athletes' devotion to the norms of sport, including parents, coaches, trainers, physicians, sports commentators, team mates, and other athletes (Malcolm, 2006). This may be done by overtly exerting pressure on athletes to play in spite of an injury; providing painkillers and temporary remedies; imposing sanctions on athletes who sit out a competition because of an injury; or by glorifying the actions of athletes who play with pain (Malcolm, 2006).

Commenting on the relatively large and growing body of sociological research on pain and injury in sport, Malcolm (2006: 496-7), argues that literature to date focuses on athletes, often those at elite level, who have already internalised the norms of the sport ethic:

Athletes who show their gritty determination by playing through the pain are cultural heroes. But these heroes are not born; they are made. Their callous attitudes toward even extreme pain are the result of cultural messages that are reinforced throughout their sporting careers. But athletes do not necessarily start out with this attitude. Many young athletes participating in recreational youth sports enter the sporting world unaware of the sport ethic, and only after they begin competing do they begin to learn the brazen approach to pain that it demands.

Malcolm's own study examined how young, female athletes participating in entry-level recreational sports are introduced to the sport ethic and gradually learn to shake off minor injuries and pain.

## 45 TRAINING OR COMPETING THROUGH INJURY AND EXHAUSTION

Being forced to train on when injured or exhausted was by far the most common of the physically harmful behaviours explored in the questionnaire survey. Table 45-1 shows respondents who said they had been forced to train on when they were injured or exhausted, broken down by gender.

**Table 45-1 Being forced to train on when injured/exhausted in main or second sport, by gender (base=respondents reporting physical harm in main or second sport)**

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
<b>Main sport</b>	Total	100%	1433	100%	425	100%	1008
	Never	45%	650	49%	210	44%	440
	Once or twice	46%	664	44%	185	48%	479
	Regularly	8%	119	7%	30	9%	89
<b>Second sport</b>	Total	100%	1293	100%	385	100%	908
	Never	68%	880	72%	278	66%	602
	Once or twice	26%	336	22%	86	28%	250
	Regularly	6%	77	5%	21	6%	56

The table shows that 55% (n=783) of those who had been physically harmed said they had been forced to train on in their main sport when injured or exhausted. Eight per cent (n=119) had had this happen to them regularly. The corresponding figures for second sport were 32% (n=413) and 6% (n=77). In both main and second sports, women were more likely to report that they had been forced to train on when injured or exhausted.

**Table 45-2 Being forced to train on when injured/exhausted in main or second sport, by level achieved (base=respondents reporting physical harm in main or second sport)**

		Level achieved											
		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	46%	658	60%	195	53%	241	40%	182	21%	37	8%	3
	Once or twice	46%	667	34%	111	42%	192	50%	227	65%	114	62%	23
	Regularly	8%	120	6%	18	5%	22	10%	44	14%	25	30%	11
<b>Second sport</b>	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	68%	867	72%	352	71%	315	63%	159	48%	37	33%	4
	Once or twice	26%	334	23%	114	24%	106	30%	75	43%	33	50%	6
	Regularly	6%	74	5%	24	5%	23	7%	18	9%	7	17%	2

Table 45-2 shows that in both main and second sport, young people were more likely to report that they were forced to train on when injured or exhausted the higher the level of competition they achieved in their sport. At recreational level, 40% (n=787) of those who reported any physical harm said that they had been forced to train on despite injury or exhaustion, 6% (n=18) regularly. For those competing at national level, this had increased to 79% (n=139), 14% regularly (n=25).

Differences in the extent to which young people reported being forced to train on through injury or exhaustion also emerged when their responses are examined by the sports they participated in (Table 45-3). The table shows that young people participating in dance, swimming and rugby as their main sport were most likely to report they were forced to train on when injured or exhausted. In the case of swimming, of the 193 people giving swimming as their main sport who reported physical harm, 69% reported this treatment, 17% regularly. In dance, 67% of the 132 young people giving dance as their main sport and reporting any physical harm, said they had been forced to train on, 9% of them regularly. The 99 young people giving rugby as their main sport and reporting physical harm reported being forced to train on in the same proportions as dancers. Young people taking part in netball as their main sport were least likely to report being forced to train on when injured or exhausted (41%, 5% regularly).

Table 45-3 also shows that the picture changes significantly when the experience is examined by second sport. Second sports were more likely to remain recreational and this may explain why just 34% of those reporting physical harm and giving swimming as their second sport said they had been forced to train on when injured or exhausted – a much lower proportion than in swimming as a main sport. Dance and rugby show similar drops when they were participated in as a second sport. The proportion reporting this form of harm in netball, however, rose slightly among young people giving it as a second sport.

**Table 45-3 Being forced to train on when injured/exhausted in main sport and second sport, by sport (base=respondents reporting physical harm in main or second sport)**

		Main Sport													
		Swimming		Netball		Football		Dancing		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	32%	61	59%	121	52%	114	32%	42	52%	55	35%	20	33%	33
	Once or twice	52%	100	36%	73	44%	97	59%	78	42%	44	53%	30	58%	57
	Regularly	17%	32	5%	10	3%	7	9%	12	7%	7	12%	7	9%	9
<b>Second sport</b>	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	66%	99	58%	95	66%	82	64%	47	71%	58	61%	60	53%	27
	Once or twice	29%	43	35%	58	29%	36	27%	20	26%	21	33%	33	29%	15
	Regularly	5%	8	7%	11	6%	7	8%	6	4%	3	6%	6	18%	9

In giving these responses, some young people used the free text boxes in the questionnaire to offer further explanation of the circumstances of the experiences they reported. Comments suggest that young people did not consider what they experienced to be harmful, but also that they had begun to internalise the norms of the sport ethic described in the existing literature:

Being trained while exhausted was always under supervision by the coach/trainer, so it wasn't anything like a physical harm, but more like training harder to achieve better results, which actually helped without harming me in any way.

It was never serious, sometimes I was made to train when I was exhausted but I think my coaches knew what they were doing. It didn't harm us.

This comment, however, despite the incident being minimised by the young woman concerned, indicates that there may be circumstances in which the norms of sporting culture take precedence over the welfare of athletes:

I had an asthma attack while riding and my instructor wouldn't let me use my medication which I was upset about at the time but I managed to carry on and I actually achieved what she wanted me to and felt better after it just seemed a bit unfair to push me like that.

## 46 EXPLORING THE SPORT ETHIC

The interviews provided more information on how the sport ethic operated and was maintained by both coaches and peers, using a mix of sanctions and guilt. Young people provided explanations of how they came to accept a culture where training through discomfort, injury and exhaustion was seen as normal and acceptable.

There were a number of examples of young people reporting feeling harmed by having to train in the cold and in all sorts of weather. One young woman described discomfort and failure to ensure young athletes were appropriately dressed and had proper kit:

Like it would be bitterly freezing winters and we'd be out there. And we wouldn't have the correct kit with us. We'd be in shorts and a top and we'd be freezing to death. It would be absolutely nightmarish (*Young woman: district level swimming, local level netball*).<sup>1</sup>

In athletics, one young man described doing eight mile runs in the punishing cold with the sweat freezing on him. He did not report this as wholly negative, nor done from negative motives:

He was a determined character, the coach, and knew what needed to be done to try to get a group of school kids fit (*Young man: local level rugby, national level bowls*).

Often, the effects of training through injury seemed relatively minor. For example, one young woman described how her coach forced her to swim through the pain of cramp. She was told this was the best thing for it. Looking back, she said that she thought this was wrong and as a young adult she would now have the confidence to refuse that she lacked as a child.

Sometimes coaches encouraged children to play through injury in a way that could have been dangerous. A rugby player described how during a game he had been hit on the nose with an elbow which had dazed him and he thought he was suffering from moderate concussion. He described how two boys had gone off injured and the team was short of players. He told the coach that he was struggling just to stand up but the coach told him to play on and he would be fine – 'it annoyed me then and it annoys me now' Another rugby player described a similar experience:

I remember hurting my neck a bit and playing the front row. At no point should I have been allowed to play on, even if I felt ok to do so (*Young man: local level rugby, local level football*).

A young woman described the reaction of her coaches when she broke her arm while training for the horse of the year show when she was nine years old:

It was a hairline fracture and I had a plaster on. My plaster came off the day before my competition and I had my jacket adjusted to go over the top of my splint ... I remember at the time I just kind of thought ah well I've broken my arm, like the day I got my plaster and the first thing that happened was I was measured to get my jacket adjusted (*Young woman: national level equestrian sports, local level winter sports*).

Looking back on this behaviour, she described it as 'inappropriate' and 'slightly ridiculous'.

The experience of a young archer is illustrative of how the sport ethic can operate even when not actively promulgated by coaches. He described competing with a broken finger following a fall. It was difficult for his coach to find a substitute for the competition so, despite his coach saying he did not have to compete, he took the decision to do so because he knew the strengths and weaknesses in the team. There was no lasting damage to his finger but he now believes that it was a stupid thing to have done.

As well as training while injured, some young people reported returning to training or competition too soon following an injury. The testimony of a young woman who experienced illness and injury in both her sports (swimming and kayaking) is quoted at length because it provides a vivid example of the process by which young people can come to regard overtraining and the need to compete through pain and injury as the norm. The experience described in swimming took place when she was 11 or 12. It demonstrates how pressure from her coach to compete through exhaustion and illness, combined with her youth and inexperience, was internalised by her to the extent that it over-rode the concerns of her doctor, and attempts by her mother to mitigate the pressure:

With swimming it was every morning before school kind of thing. So you'd be at the swimming pool sort of five o'clock in the morning until seven o'clock before school. And then because I was in the younger league two nights a week going after school five to seven in the evening, for someone who's quite young I mean when, and sort of eight to ten you didn't do that. But as soon as you started secondary school it was seen that you were capable of doing that amount of training. And it was physically exhausting. And it was a case of if you didn't turn up you would still have to pay for the session. So my mum would encourage me to go and try and swim even if it was only half an hour. But as a child in the team you would know once you've got there you weren't getting out of the pool within half an hour. You would be there for the whole thing [unclear]. And it was a case of, you know, some of us were being, including myself, were being physically sick in the pool and still having to carry on .... You know, they might have to stop off to fish out the sick but that was literally it. But it was, you know, do you want to be in this team or not? Are you not capable of doing this? Do you want to race on Sunday or not? So that this way you are not going to be able to. And it was always using that, you know. If you stopped now you won't be good enough.

Looking back on it, it's quite horrific. At the time it's just you believe that it's true because you are quite young and certainly very impressionable. And you completely believe that if you stop after half an hour you will not be able to race on the Sunday afterwards. And if you had to miss a couple of nights – I was off school for two weeks with glandular fever. I should have not swam for six weeks according to the doctor. And I was told that I wouldn't be allowed to return swimming if I didn't return after

two weeks. And I begged my mum to take me. And the coach was telling her, you know, that I wouldn't ever be able to compete again for the club again. So my mum was scared of losing all the money that she'd have had to have spent, would take me, and would always say she must get out of the pool if she doesn't feel well. If she can't do it she's not coming back, all this kind of thing. And I'd always just carry on kind of thing, you know .... (*Young woman: national level kayaking, district level swimming*)

The same young woman's experience of injury in kayaking resulted, ultimately, in her not being able to participate in her sport. Here, despite attention from coaches and physiotherapists, she was allowed to continue in pursuit of medal success, with results that are a source of sadness to her today:

Yeah I tore a ligament in my shoulder when I was fifteen. And ... went pretty much straight back to the kayaking. Even though I shouldn't have done and was racing within about fifteen months when I should have taken six months off. I could have done it recreationally but not as a competitive sport. I shouldn't have done it. And I developed a back injury which is why I no longer kayak ... And that was from the trunk rotation from doing the kayaking in and although I could feel it and I spoke to my coaches and had sports physios on it and stuff, it was sort of agreed that I could carry on for two years and try and be the best or I could give up now and not return. So it was decided between me and my coach that I would carry on. And in hindsight not a good idea because I now can't do the sport that I loved. So that was from the pushing from my coaches. And I suppose it was, as you get older it's more your responsibility as well. But I wasn't prepared to give up gold medals for a back injury, which is quite ironic really (*Young woman: national level kayaking, district level swimming*).

The experiences of this young woman were extreme, and were exacerbated in her case, and in the case of some other interviewees, by competing in two sports. However, the theme of acceptance of training through exhaustion and injury as normal recurred in the interviews, and was evident even at lower levels of competition. Some experienced it as coaches encouraging them or 'guilting' them into continuing so that they would not let the team down. This young woman's experience was in the context of the school hockey club:

If you were injured, you weren't allowed to stop. The coaches would guilt me into continuing. They would say things like, if you leave you'll affect the numbers of the sides ... They'd tell me I was letting the others down (*Young woman: local level rounders, recreational hockey*).

Others applied the pressure themselves. This young woman played in her school tennis club as a child:

I was taking the sport quite seriously. The main one was in tennis. I had a knee problem that I had to have physio for and stuff like that. But I refused to let it like get in the way but I should have ... I wouldn't stop. I would push myself. And because I didn't tell the teacher the extent of my injury they would make me play on (*Young woman: district level tennis; district level netball*).

But she also described how her teachers in the school hockey team ‘just sort of trained you to have that mentality, you know, not to be a wimp and give in’.

Not surprisingly, few of the young people who described their experience of overtraining in the interviews told anyone about their experiences at the time, largely because they accepted it as normal. Looking back, the experience could be viewed differently, by young people at both ends of the competitive spectrum. This young woman competed in her school hockey team:

I didn’t think of it as bullying then, I just thought that’s how the hockey coaches were because they wanted us to win. But looking back I think maybe it is some kind of child abuse, at the lower end of the scale (*Young woman: local level rounders, recreational hockey*).

At the other end of the scale, this young woman, who competed in gymnastics at a young age, described how she now viewed the intense pressure to train she experienced as a child:

I really think that at that age there should not have been that much pressure. I should have been a child. You know I should have been enjoying life as a child and that is something that I regret. It was so ... treating you in such an adult way at such a young age I just couldn’t be the free spirited child I should have been (*Young woman: district level gymnastics, local level equestrian sports*).

## 47 OVERTRAINING AND TRAINING THROUGH INJURY: SOME GENDER IMPLICATIONS

A sub-theme of existing research in this area has focused on the question of whether male and female athletes respond differently to pain and injury. Drawing on evidence from a range of studies, Malcolm (2006: 498) asserts that ‘when it comes to playing through the pain, gender matters very little’. Both male and female athletes tolerate pain and continue to compete. However, male and female athletes differ in their *attitudes* towards pain and injury. Even though they continued to play with pain, Malcolm highlights studies which found female athletes were more likely than their male counterparts to discuss injuries with their team mates, and to express both awareness and criticism of the sporting world’s glorification of pain and injuries. Male athletes, on the other hand, were more likely ‘to hold themselves and their team mates to more restrictive standards of appropriate responses to injuries.’

In our study too, there are indications that experiences of overtraining and accepting a culture of overtraining and competing through injury could be different for boys and girls. A female rower felt that her experience of training was different from male rowers in her club and this could lead, at least for some of the girls, to less strenuous training than for boys:

The female teams were much less hard. There were many fewer female teams who would train as hard or to the standard of the boys (*Young woman: national level rowing, district level netball*).

She explained that the boys would ‘just go for it’; also that they built up so much muscle when rowing:



You could just sort of tell on a girl if she'd really gone for it as opposed to if she did it in a 'nicely' competitive way'. ..I don't think I would ever want to train that much. So I think I was quite happily a mixture of lazy and mildly vain so I think it worked out quite well (*Young woman: national level rowing, district level netball*).

Another young woman involved in karate as a child described being pushed in ways she found unacceptable. She felt it was because she was one of few girls in a class of boys, She found the atmosphere 'male dominated and domineering'. She was pushed to do things physically not suitable for a young girl, and was 'treated like a 20 year old boy when I was ten'.

## 48 PHYSICAL AGGRESSION AND VIOLENCE

Apart from experiences of overtraining and training through injury, we also gathered information about other experiences of more active physical harm. The harms explored ranged from being shoved at one end of the spectrum, to being beaten up at the other. Table 48-1 shows the frequency with which respondents to the survey experienced some of the behaviours explored in the questionnaire. Within 'aggressive treatment' we have included: being shoved, being shaken, being thrown about, being knocked down, having something thrown at you, and being forcefully restrained. The table shows that of those reporting physical harm, 55% (n=779) had experienced this kind of aggressive treatment in their main sport and 33% (n=426) in their second sport. Twelve per cent had experienced this kind of treatment regularly in their main sport and 7% in their second sport. Young men were more likely to report this kind of treatment than young women in both main and second sports.

Table 48-1 Aggressive treatment in main and second sport, by gender (base=respondents reporting physical harm in main or second sport)

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
<b>Main Sport</b>	Total	100%	1433	100%	425	100%	1008
	Never	46%	654	37%	157	49%	497
	Once or twice	43%	610	46%	194	41%	416
	Regularly	12%	169	17%	74	9%	95
<b>Second Sport</b>	Total	100%	1293	100%	385	100%	908
	Never	67%	867	66%	256	67%	611
	Once or twice	26%	332	24%	91	27%	241
	Regularly	7%	94	10%	38	6%	56

The most common form of aggressive treatment experienced by respondents to the survey was being shoved, experienced by 40% (n=571) of physically harmed young people in their main sport, 9% (n=122) regularly. Being knocked down was the second most common and this was experienced by 28% (n=304) of those reporting physical harm in their main sport, 7% (n=67) regularly. All other forms of aggressive treatment were experienced by 19% (n=271) or fewer of those reporting physical harm.



In addition to aggressive treatment, the questionnaire also sought information on the extent to which respondents to the survey had experienced more violent behaviours. Included within this category are: being hit with an open hand, being hit with a fist, being hit with an implement, being grabbed around the neck, and being beaten up.

**Table 48-2 Violent treatment in main and second sport, by gender (base=respondents reporting physical harm in main or second sport)**

		Gender					
		Total		Male		Female	
		%	n	%	n	%	n
<b>Main sport</b>	Total	100%	1433	100%	425	100%	1008
	Never	84%	1199	76%	322	87%	877
	Once or twice	12%	169	19%	79	9%	90
	Regularly	5%	65	6%	24	4%	41
<b>Second sport</b>	Total	100%	1291	100%	385	100%	906
	Never	90%	1158	87%	335	91%	823
	Once or twice	7%	94	10%	39	6%	55
	Regularly	3%	39	3%	11	3%	28

Table 48-2 shows that 17% (n=234) of respondents reporting physical harm had experienced violent treatment in their main sport and 10% (n=135) in their second sport. Five per cent experienced this treatment regularly in their main sport (n=65) and 3% in their second sport (n=39). Young men were more likely overall to report violent treatment in both their main and second sports but the genders reported this kind of treatment regularly in more or less equal proportions.

Being hit with a fist and being hit with an implement were the most commonly reported violent behaviours in the survey, both had been experienced by 9% of those reporting physical harm in their main sport (n=130). All other forms of violent treatment were experienced by 7% (n=100) or fewer of those reporting physical harm in their main sport.

The survey results show that the experience of aggressive and violent treatment is less closely related to level of competition than other forms of harm. Aggressive treatment in main sport appears more common when sport is played recreationally (59% of those reporting physical harm at that level, n=192) and at local level (62%, n=284) than at higher levels of competition. Just over a third of those reporting harm at national level reported aggressive treatment (n=60) and 41% at international level, though the numbers here are small (n=15). The pattern is similar in respondents' second sport.

Violent treatment shows a similar weak relationship with level achieved. At local, district and national level, in main sport, 15% of those reaching each level of competition reported some kind of violent treatment (n=68, 70 and 27 respectively). At recreational level, the figure was 20% (n=62) and at international level, it was 30%, but again, numbers were small (n=15). In respondents' second sport, violent treatment was experienced by 11% (n=127) of those competing at recreational level who reported any physical harm. This proportion falls steadily to 7% (n=6) at national level but rises to 34% at international level, but this represents just four respondents.

As with being forced to train on through injury or exhaustion, some young people used the free text boxes within the questionnaire to provide a context for the answers they had given in relation to aggressive and violent treatment. Often these comments related to the inherent physicality of the sport being played and expressed the view that the treatment was accidental. This view receives some corroboration when the experience of aggressive and violent behaviour is examined by main sport. Those taking part in the team sports within our top seven sports, were more likely to report aggressive and violent treatment in both their main and second sports than those taking part in more individual sports. The numbers reporting both, however, are small. The interviews provided an opportunity to explore some of these areas in greater detail.

## 48.1 Physical Aggression and Violence by Coaches

There were few instances of physical aggression and violence by coaches reported in the interviews. Where it was reported, it was used as a means of control or punishment, sometimes concealed as accidental or instructional. A young woman involved in equestrian sports described how 'once in a while' her instructor would hit her with the riding crop she used on the horses. She thought she caught her leg on purpose. Another girl reported being physically handled in gymnastics in a way that seemed painful and punitively motivated:

I remember there was one coach, very old school coach. A lady who, she was known as a bit of a battle axe, but she just, she was really quite sort of nasty verbally. But she would go round and, you know, if we couldn't quite reach the floor then she'd be there pushing us down. And I remember just, I actually, it was a weird feeling kind of, I actually quite enjoyed the pain which was very strange ... but it was like ... I couldn't do the splits, therefore I obviously wasn't good enough and therefore I required punishment. And so to actually feel the pain was, that was, okay then because I'd been punished and that was fine (*Young woman: district level gymnastics, local level equestrian sports*).

One girl participating in tae kwon-do, reported an experience which illustrates how the physicality of a sport can be used to conceal aggressive treatment. She described being pushed by her instructor on a couple of occasions in front of the whole class. It made her feel small, especially when he was a black belt. She subsequently left the club after a discussion with her parents, who tackled the instructor about the issue. He justified his behaviour by saying tae kwon-do was a martial art and this was the way he taught it.

Coaches' behaviour sometimes arose as a result of their expectations not being met and their frustration and anger not being kept in check. The experience of an international gymnast illustrates this:

Being little, if you are standing on top of a beam and you do something wrong, like the coach gets angry, or it's one of your worst coaches or whatever, but they usually just shove you and push you off the beam completely, like irrelevant of whether you hurt yourself on the floor, you are off and you are down and you are out the gym. I mean again it does take quite a while, its not move wrong and your off, if you try a move a

few times and you just can't get the hang of it, they get wound up and then it's lashing out. And I think the worst thing for me, obviously you're always shaken about, always thrown about and stuff, just to kind of, I don't know, lash out again (*Young woman: international gymnastics*).

She also described a lack of physical support by coaches that could result in harm to gymnasts and which also had its roots in a coach's anger:

For me the worst thing was when they didn't support you right, and I think I had that quite a few times ... and that's what affected me the most, and I always thought was the worst thing if you were unsure of a move, and your coach is there going 'oh you can do it' and you are going 'well, no I can't' And they'd get so angry like if you went for this move they would just walk out on you and you wouldn't have the support there and half the time, kids would land on their backs in awful places because they are not ready for the move, and the coach is just so wound up and angry they just walk off and you are not aware of it at the time. Obviously you are tumbling across the floor, you are not watching what they are doing, you are just ... you have to trust that they are going to be there to catch you, and then they are not, and they're suddenly gone and they have just walked off (*Young woman: international gymnastics*).

When she was asked how this treatment made her feel, she replied:

Terrified. If I had a bad training session the day before with moves and stuff I did not want to go back into that gym, not if my life depended on it (*Young woman: international gymnastics*).

Her response to being asked why she did go back into the gym is illustrative of the strength of the sport ethic at high levels of competition:

It was just like my life, that was what I did, I came home from school or didn't come home from school and went from school to the gym, in the gym, training, go home to sleep, up again, you know. And it was what I had been doing for years and years, its all I knew, you know, I didn't really know what a day off was, I didn't know how to not go in the gym until I was again much older (*Young woman: international level gymnastics*).

## 48.2 Physical Aggression and Violence by Peers

Persistent bullying and its debilitating effect on the children experiencing it is increasingly being recognised in the education literature. Its effects can lead to children refusing to go to school, to leaving or changing school, to work suffering, to serious mental health difficulties. There is increasing evidence of the effects of persistent low level bullying on the psychological wellbeing of children and young people that can be particularly difficult for young people to cope with and schools and teachers to deal with (Lloyd, 2004) Many children reported experiencing a range of peer bullying and peer violence in a sporting context.

Some respondents clearly felt that some physical aggression was to be expected in sport and that it was part of the game that needed to be accepted by those taking part:

It's a physical game, get over it. If he didn't want to play a physical game then why is he playing hockey? (*Young man: district level ice-hockey, local level football*).

They would scrap amongst themselves – when you're driving places and you put ten kids in a mini-bus what do you expect? In hockey there were fights but that was just part of the game (*Young man: national level ice-hockey, district level martial arts*).

Others described aggressive behaviour as a part of competition, but not as something that affected the participants badly. A boy in hockey explained that it was 'not really too bad. Opposing teams always rammed each other. We were very competitive. We gave as good as we got. It wasn't really physical harm'. However, there were also circumstances in which participants would use the sport to conceal aggressive or violent behaviour, sometimes out of the view of coaches:

I was running and one guy hit me with his elbow right on the bridge of the nose. It was deliberate (*Young man: local level rugby, national level bowls*).

In a game people would try and target me and in response I would kind of go at them as well because it's the only way to stop them because you stand there when someone just offloads you the ball then you are going to get smashed (*Young man: local level rugby, local level football*).

Some participants described the way in which balls were thrown with the intention of hurting someone. For example, a girl participating in lacrosse reported that as the goalie she regularly had balls hit at her. She explained that in lacrosse you can get someone on the neck with the ball and no-one really notices and that the goalie is easy to hit. She explained that this affected her quite badly but she thought it was normal in sport and she should not complain. She kept her bruises covered so her parents did not see them.

Sometimes the physical bullying and aggression seemed minor but in the context of other things that were happening in young people's lives, the impact was serious. For example, an incident which a coach may have observed as occurring once or as trivial could be happening repeatedly, or could be echoed in other areas of the young person's life. This young woman described how behaviour she experienced in sport affected her in other areas of her life:

In team practice, the same group of girls, the bullies, were often the opposition team and they would purposely hit you. It was only our group that they did it to ... I was worried if they were going to do something to me off the pitch or after school. I was worried about walking home on my own. I would always find people to walk with, or would go a different way home (*Young woman: recreational trampolining, recreational rounders*).

In her case, she told her teachers and they dealt well with the situation. She also told her mum who contacted the school to make sure that they continued to deal with bullying behaviour. In another case, a young man who played rugby as a child described how pre-existing emotions

and relationships at school were played out in rugby. He had been stabbed by compasses in school by the same boys who bullied him on the rugby field, one of whom had stamped on his ankle and broken it. As with most of the young people who experienced repeated bullying and aggression in sport and other settings he did not tell anyone about his experience.

## 49 DRUG USE

Doping involves the use of prohibited substances or methods to unfairly improve sporting performance. Athletes under 18 have tested positive for illegal performance enhancing substances in many countries (David, 2005), but there are no UK data on prevalence of doping among a large sample of young athletes.

In 2005, UK Sport launched the '100% ME' programme to enhance the educational agenda of anti-doping in the UK. A recent study for UK Sport examined the awareness, values and attitudes of young elite athletes concerning doping and anti-doping (McNamee *et al.*, 2008, McNamee *et al.*, 2009). The first phase of the research involved a questionnaire, completed by 403 athletes ranging from 12 to 21 years-old, with 13% of the sample aged under 16, and 37% aged 16–17. Approximately two thirds were male, most were white, and they represented 34 different sports. A further qualitative phase of the study used interviews and focus groups to explore sources of pressure to dope and the pressure points on doping motivation (e.g. career threatening injury, end of career risk taking etc) (McNamee *et al.*, 2009). Young athletes' perceptions of doping in their own sport were mixed; while a third of respondents stated that doping was not a problem in their sport, 49% thought there was at least a minor problem, with 15% of the overall sample suggesting that the problem was serious or very serious (McNamee *et al.*, 2008):

In general, athletes perceived no actual or current pressures on themselves to use performance-enhancing drugs. This view may be associated with the fact that participants were mostly at an early stage in their sporting career and had yet to experience the sort of circumstances that might lead them to use, or consider using, banned substances. However, in hypothetical discussion, the economic pressures of elite sport, the need to recover from injury, or the desire simply to overcome a plateau in performance were all cited as potential 'pressure points' for the use of performance-enhancing drugs.

This research (by McNamee *et al.*) finds some confirmation in the current study. In the survey, young people were asked if they had ever been offered or had ever taken drugs whose purpose was to assist in training, for example by building muscle or reducing recovery time following an injury. Just 50 respondents reported any exposure of this kind to performance enhancing drugs. In the interviews, in the few instances where people had some experience of being offered performing enhancing substances it was in the context of international competition. Other young people had no direct experience of this but had heard that others had been offered or taken drugs, again in the context of high level competition.

Four young people mentioned that taking protein supplements was commonplace in their sport. Two competed in rugby, one was an international canoeist and the other was a national

level swimmer. In the case of the canoeist, this was under supervision from her coach but in the other cases, their team mates took the supplements of their own volition with no supervision. One rugby player described the reasons for taking the supplements, and the slightly ambivalent attitude of his coach to this issue, an attitude which could be seen as another manifestation of the sport ethic:

I think it's was creatine wasn't it? It's not illegal but it's a protein enhancer which increases muscle mass basically. But it's, to a certain extent, it's got to be tightly regulated and monitored because you can have too much of it. If you have too much then I know there are some physical side effects to it.

I wouldn't say they were encouraged no. I think it was they wanted to beef up. Our coach actually said to us 'don't take it, it's dangerous. Eat a steak'. That was his sort of approach. He said like you can take it if you want to but really I'd prefer you didn't (*Young man: local level rugby, national level bowls*).

## 50 CONCLUSION: PHYSICAL HARM

A quarter of young people responding to the survey (n=1480) had experienced one of the physically harmful behaviours explored in the questionnaire in either their main or second sport. The most common of these experiences was being forced to train on while injured or exhausted, reported by 54% (n=763) of those reporting physical harm in their main sport. In most cases this was something that happened only once or twice but there were circumstances where it was a regular occurrence. In interview, young people described how they came to accept a culture of training through injury and exhaustion – 'the sport ethic'.

Fifty-five per cent of young people who reported physical harm experienced some aggressive treatment (n=779) and 17% (n=234) had experienced violent treatment in their main sport. Sometimes this was seen as part of the sport but in their interviews, respondents described how the inherent physicality of a sport could be used to mask deliberate aggression or violence. Aggression and violence from coaches was reported by a few interviewees but the most frequent reported source was peers, sometimes as part of a pattern of bullying that encompassed areas of life other than sport.

Few respondents to the survey had direct experience of exposure to performance enhancing drugs, although the interviews suggest that more might be aware of others being offered them, particularly at higher levels of competition.

## PART III: KEY FINDINGS

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In this concluding section, we draw together some of the main themes and messages emerging from the research. To date, there has been little information about the negative and harmful experiences of children in sport. Prior research has tended to focus on adults, mainly women, and on some aspects of harmful behaviours over others, for example sexual harassment and sexual abuse. Earlier studies have focussed on the experiences of athletes participating in sport at the elite level rather than recreational. There have been few studies of the negative and harmful experiences of children in sport and these have mainly tended to look at girls.

This study attempts to address these gaps in knowledge. We gathered information from more than 6,000 students between the ages of 18–22 about their experiences of sport as children (up to age 16).

We followed up 89 young people who reported experiencing some negative or harmful behaviour in sport as children and we interviewed them in depth over the telephone. This provided rich contextual information to supplement the survey data and provide deeper information about what happens to young people in sport.

The story that has emerged is complex and offers new insights and information into more than 6,000 young people's experiences of sport as children in the UK.

In the main, young people painted a positive picture of sport participation. However, the survey results highlight that sitting alongside the considerable benefits of participating in sport were a range of more negative and harmful experiences.

Disrespectful and emotionally harmful treatment of young people was commonplace in children's experiences of sport in the UK. This included unhelpful criticism of performance, being shouted and sworn at, being embarrassed and humiliated. Three quarters of all respondents to the survey had experienced this in some form. While this occurred mainly between team mates and peers, a third of those reporting it said coaches were involved, either participating directly, or indirectly by creating an ethos where such behaviour was condoned or not effectively dealt with. While it was reported by young people participating at all levels in sport; it rose as young people progress up the ranks towards elite level.

Large numbers of young people reported having been criticised about something to do with their performance. Seventy-nine per cent (n=3089) of those who experienced some emotional harm had been criticised in this way; for 12% this occurred regularly. While criticism about something to do with performance can be a valid part of training and competition, many young people reported circumstances where criticism about performance was unhelpful, disproportionate and in some cases counter-productive. Sometimes young people mentioned this as a reason for leaving their sport. Young people described harsh treatment at the hands of peers when things did not go well in training and in competition leaving them feeling that they



had let the team down. There could be harsh criticism from coaches to the point where young people reported being regularly in tears. In team sports the humiliation could be exacerbated when criticism took place in front of peers.

Being shouted and sworn at was also common. More than two thousand young people reported this. Again this was behaviour occurring mainly between peers, but coaches were also involved. Some of this was minor, infrequent and not particularly directed at any particular young person. For some it was persistent, the result of anger and frustration about performance and could be frightening.

Being made to feel embarrassed or humiliated or teased about something was also common. Seventy-seven percent (n=3393) of those who had experienced some emotional harm had been embarrassed or humiliated; and two thirds reported being teased (n=2105). In interview young people spoke of being embarrassed and humiliated as a result of something coaches did. Teasing happened between peers. Coaches sometimes used embarrassment and humiliation as a tactic to keep young people in their places and young people could find this particularly difficult when it occurred in front of others. Teasing between peers could involve taunting a boy for being involved in a 'girly' sport, or simply for wearing the wrong trainers. Sometimes this shifted into more serious bullying behaviour.

More than a third of young people who reported emotional harm said they had been bullied (n=1487); Again it mainly took place between team mates and peers and there were many instances where young people had been picked on. Often great care was taken by young people to shield these behaviours from coaches. Some young people reported they had been victims of serious ongoing and persistent bullying which they experienced as distressing, debilitating and undermining.

To a great extent all of these behaviours tended to be accepted as normal by young people and 'just what happens in sport, dismissed as 'banter', 'meant in a jokey way' and 'just kids being kids'. There was little evidence of young people reporting it to adults, or of adults effectively dealing with it. It provides some evidence of a sporting culture which accepts and condones disrespectful and negative treatment among young people and between young people and coaches.

One of the main findings from this research relates to children's experiences of sport as they move into and through puberty. Information from other fields of study is beginning to document the extent to which young people, girls in particular, are preoccupied with weight, looks and appearance. This study highlighted the way these preoccupations play out in sport. We explored this in the sections in the report on body image, self-harm, sexual harassment, sexualised behaviour and sexual harm.

For young people as they move into adolescence issues with weight and appearance can be writ large in the context of sport where young people wear revealing sports clothing, and adds a new dimension to young people's often negative feelings about looks and appearance. While most young people reported that sport had a positive impact on their body image, interviews revealed that complexity around these issues creeps in around puberty. Young men could compare themselves unfavourably with more mature athletes. Young women described incidents where they felt embarrassed about their bodies and body shape and these feelings could be intensified



by the clothing they had to wear for sport; short gym skirts, leotards and swimming costumes were frequently mentioned.

The survey results showed that for a minority of children involved in sport, the mainly positive body impacts of participating in sport may come at a price. Ten percent of respondents to the survey said they had a special diet plan to reach their perfect weight, 11% had a special exercise plan. Five per cent of young people reported having become anorexic or bulimic. The pressure to look good in sports gear came mainly from peers. Coaches also had a role in directly setting diet and exercise plans, in scrutinising and being aware of young people's weight and appearance, in not understanding the possible effect of this behaviour on young people's developing identities, and in not challenging a culture where being the perfect weight and having the right appearance was very important to young people.

For some young people, negative feelings about appearance and weight could spill over into self-harming behaviour. Ten per cent of research participants (n=605) reported some form of self-harming. Interviews provided important insights into the part sport can play in contributing to young people's self-harming behaviour. This was mainly reported by young women, but was also mentioned by a surprising number of young men. Some attributed the onset of these behaviours entirely to sport, indicating that it stopped when they stopped participating. For others the roots of self harming lay elsewhere, but it took on a particular flavour in the context of sport. For almost all reporting this at interview, there was an association between self-harm and negative self and body image. For others these behaviours were attributed to the pressures of training and competition. Some reported that self harming could provide some control in situations where young people felt powerless.

We explored a range of sexual harms that children may face in sport settings ranging from sexual harassment of young people through to sexualised behaviour and sexual abuse. Experience of sexual harassment was common with 29% of all respondents to the survey reporting some experience of it. It was mainly experienced by young women but also by a surprising number of young men. Peers and team mates were the most common perpetrators. However 21% of those reporting sexual harassment in their main sport said coaches were involved. Much of this sexually harassing behaviour took the form of male team mates making comments about female team mates in mainly mixed sports; and males about males in mainly male sports. While it was mainly fairly low level and could be 'laughed off' by some, others experienced it as undermining and difficult. On the whole coaches and other adults did not deal with it effectively; rather it was addressed in a 'cut it out lads' or 'knock it off lads' way.

Some young people mentioned feeling uncomfortable when they were touched by coaches during instruction. They felt this could be done in a taken for granted rather disrespectful way often without seeking young people's permission.

Most of the sexual harm reported in the survey took the form of sexualised behaviour between boys, mainly involving exposing and flashing. Often, this was shrugged off by young people as 'just what happens in sport', but some incidents were experienced by young people as distressing. Coaches could also be involved, either directly, or indirectly by condoning it or allowing a culture where it was accepted. There were some abuse of trust incidents reported between young women athletes and male coaches of around the same age.

We also explored the physical harms that young people might experience in sport, including experiences of intensive training, training through injury and incidents involving physical violence. Earlier studies have highlighted possible difficulties for adults in distinguishing between intensive training and training which is exploitative, and others writing in this area have highlighted how young people are inculcated over time into a culture and sport ethic where overtraining and training through injury are seen as acceptable and the norm. Young people in our study threw light on the way they came to accept a culture where training through discomfort, injury and exhaustion are seen as normal.

There were some reports of excessive training and training through injury, some of these seemed minor; occurring infrequently and with few lasting effects. However, there were also examples where training schedules seemed excessive, both in intensity and duration with serious effects on young athletes. Sometimes coaches were well aware of the effect of strenuous training schedules on young people. They deliberately pushed young athletes to extreme limits to 'toughen them up'. Coaches could also be unaware of the effects of intensive training on young people who were left feeling they had no choice but to put up with it.

Young people also reported some aggressive and violent treatment in sport. Much of this occurred between peers and took the form of physical bullying in the context of the physicality of sport. Sometimes the reported physical harm was accidental, and many felt that physical aggression was to be expected in sport and was accepted as part of what happened in sport. There were reports in team sports of balls and other sporting props being used to deliberately hurt others. Sometimes sports such as rugby and football could provide the pretext for deliberate tripping, pushing and more serious violence. While some young people accepted this, some found it oppressive and difficult to deal with and was sometimes a reason for young people leaving their sport. Again this was widely reported as 'just what happens in sport'.

There were a few examples of coaches inflicting deliberate physical harm on young people. Mainly this was done punitively out of frustration or anger when dissatisfied with young people's performance. Again, young people did not feel confident about speaking up about what was happening.

There are many issues raised by this research for people involved in youth sport policy and practice to consider for the future. While there were few reports of child sexual abuse or serious physical abuse, it exists and confirms the importance of retaining a strong policy focus emphasising the prevention and identification of serious harm in sport.

The widespread low level disrespectful treatment of young people in sport would be unacceptable in other settings such as school or at home and needs to be addressed as a policy priority. While disrespectful treatment of young people occurs in many settings, it manifests itself in a distinctive way in a sporting context, where young people may be dressed in revealing clothes, where there may be more unsupervised spaces than in other settings, and where the physicality and competitiveness of sport may provide distinctive opportunities for the emotional, sexual and physical harm of young people.

The main message emerging from the research is a simple one of respecting children and young people and listening carefully to what they say. There is a pressing need to encourage the development of a sporting ethos: that is more open; where coaches and other sporting adults

are aware of children's sporting and emotional needs as they grow and develop; where young people feel able and are encouraged to share concerns about sport and other issues; and where children and young people fully participate in shaping their training schedules, plans and sporting development. At all levels of sport, children's welfare needs should take precedence over the sporting priorities of training and competition.

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## APPENDIX 1: ONLINE SURVEY

## The Experiences of Children in Sport Settings in the UK

## ABOUT THIS QUESTIONNAIRE

We are researchers based at the University of Edinburgh. We have been asked by the National Society for the Prevention of Cruelty to Children (NSPCC) to conduct a major research study looking at the experiences of children (up to age 16) participating in organised sport in the UK.

The questionnaire is in sections, **not** all of which you will need to answer. There is a short explanation at the beginning of each section.

Some of the questions relate to difficult and challenging issues that could distress you. We will warn you about these at the start of the sections that contain them.

If you would like to talk to someone in confidence about any of the issues raised here, sources of support are available at our website at [www.clicp.ed.ac.uk/sport](http://www.clicp.ed.ac.uk/sport).



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## INSTRUCTIONS

To navigate this questionnaire, there are three buttons at the bottom of each page

**Back** takes you to the previous page

**Reset** will remove all of your previous answers to the questionnaire

**Next** will take you to the next page

Please note, that if you prefer to navigate from question to question **without a mouse** use the TAB key. Press the space bar or the arrow keys to select a choice; at each page break, TAB to "Next" and press Enter



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**PLEASE CONFIRM THE FOLLOWING BEFORE CONTINUING**

I have read the information contained in the information sheet about the survey

I am aged between 18 and 22 years old

I did not spend most of my childhood outside of the UK

I understand that some of the questions I will be asked are concerned with abuse and could be distressing

I understand that the information I give here will be used in a report of the findings from the survey

I understand that I cannot be identified through the survey unless I choose to provide my contact details

**Consent: I confirm that I have read and understood the above and would like to participate in the survey**

☐ Yes

☐ No

Click '**Next**' to continue with the survey



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## ABOUT YOUR LIFE NOW

In this section we ask for some background information about you.

What degree/course you are studying for?

What type of educational institution do you attend?

- ☐ Higher education ☐ Further education

What is the name of your college or university?

What year of study are you in?

- ☐ 1st ☐ 2nd ☐ 3rd ☐ 4th ☐ Postgraduate

What year do you expect to graduate?

- ☐ 2009 ☐ 2010 ☐ 2011 ☐ Later than 2011

What is your date of birth (DD/MM/YYYY)?

In which country of the UK is your college or university located?

- ☐ England ☐ Northern Ireland ☐ Scotland ☐ Wales

Where did you spend most of your childhood?

- ☐ England ☐ Northern Ireland ☐ Scotland ☐ Wales ☐ Outside the UK

**What gender are you?**

☐ Male ☐ Female

**To which of the following ethnic groups do you belong?**

--Click Here-- ▾

**What is your sexual orientation?**

☐ Bisexual ☐ Gay woman/lesbian ☐ Other  
☐ Gay man ☐ Heterosexual/  
straight ☐ Prefer not to say

**Do you regard yourself as having a disability or long term illness?**

☐ Yes ☐ No

**Which of these best describes who you were brought up with for most of your childhood?**

--Click Here-- ▾

**What level of education did your *father* achieve?**

--Click Here-- ▾

**What level of education did your *mother* achieve?**

--Click Here-- ▾

**When you were a child, did you ever spend any time in residential care, or other institution?**

☐ Yes ☐ No

**When you were a child, did you ever spend any time living with foster parents?**

☐ Yes ☐ No

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## YOUR PARTICIPATION IN ORGANISED SPORT

We want to ask about the extent to which you participated in **organised sport** as a child (up to the age of 16).

**Organised sport** is sport that:

- is voluntary
- is outside school hours
- includes an element of training/instruction by an adult

**Do not** include PE lessons at school, or informally organised sport, for example kickabouts in the park.

**Do** include extra-curricular sport at school, for example playing in the school team or being part of a club, based at school but taking place outside ordinary PE lessons.

Did you participate in organised sport as a child (up to age 16)?

☒ Yes

☐ No



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Please list the organised sports you participated in as a child

Please describe the single best thing about being involved in organised sport as a child

Please describe the single worst thing about being involved in organised sport as a child

As a child, did you participate in disabled sport, able-bodied sport or both?

☐ Disabled sport    ☐ Able-bodied sport    ☐ Both disabled and able-bodied sport

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We are now going to ask you about the sports you would consider to be the most influential in your life, either positively or negatively

**Sport 1: Out of the sports you were involved in as a child, which would you say was your main sport?**

- |   |  |
|---|--|
| <input type="radio"/> Angling/fishing             | <input type="radio"/> Martial Arts (excluding judo)              |
| <input type="radio"/> Athletics (track and field) | <input type="radio"/> Mountaineering/climbing                    |
| <input type="radio"/> Archery                     | <input type="radio"/> Netball                                    |
| <input type="radio"/> Badminton                   | <input type="radio"/> Orienteering                               |
| <input type="radio"/> Baseball/rounders/softball  | <input type="radio"/> Pentathlon                                 |
| <input type="radio"/> Basketball                  | <input type="radio"/> Roller skating/blading                     |
| <input type="radio"/> Boxing                      | <input type="radio"/> Rowing                                     |
| <input type="radio"/> Bowling                     | <input type="radio"/> Rugby                                      |
| <input type="radio"/> Canoeing/kayaking           | <input type="radio"/> Sailing                                    |
| <input type="radio"/> Cricket                     | <input type="radio"/> Shooting                                   |
| <input type="radio"/> Cycling                     | <input type="radio"/> Snooker/pool                               |
| <input type="radio"/> Dancing                     | <input type="radio"/> Squash                                     |
| <input type="radio"/> Diving                      | <input type="radio"/> Swimming                                   |
| <input type="radio"/> Equestrian Sports           | <input type="radio"/> Table tennis                               |
| <input type="radio"/> Fencing                     | <input type="radio"/> Tennis                                     |
| <input type="radio"/> Figure skating              | <input type="radio"/> Trampoline                                 |
| <input type="radio"/> Football                    | <input type="radio"/> Triathlon                                  |
| <input type="radio"/> Gaelic sports               | <input type="radio"/> Volleyball                                 |
| <input type="radio"/> Golf                        | <input type="radio"/> Water Polo                                 |
| <input type="radio"/> Gymnastics                  | <input type="radio"/> Water sports (eg waterskiing, windsurfing) |
| <input type="radio"/> Hockey                      | <input type="radio"/> Weightlifting                              |
| <input type="radio"/> Ice Hockey                  | <input type="radio"/> Winter sports (eg skiing, snowboarding)    |
| <input type="radio"/> Judo                        | <input type="radio"/> Wrestling                                  |
| <input type="radio"/> Lacrosse                    | <input type="radio"/> Other                                      |

**Did you participate in more than one sport as a child?**

- ☐ Yes ☐ No

**Sport 2: Which sport would you consider to be your second sport?**

- |   |  |
|---|--|
| <input type="radio"/> Angling/fishing             | <input type="radio"/> Martial Arts (excluding judo)              |
| <input type="radio"/> Athletics (track and field) | <input type="radio"/> Mountaineering/climbing                    |
| <input type="radio"/> Archery                     | <input type="radio"/> Netball                                    |
| <input type="radio"/> Badminton                   | <input type="radio"/> Orienteering                               |
| <input type="radio"/> Baseball/rounders/softball  | <input type="radio"/> Pentathlon                                 |
| <input type="radio"/> Basketball                  | <input type="radio"/> Roller skating/blading                     |
| <input type="radio"/> Boxing                      | <input type="radio"/> Rowing                                     |
| <input type="radio"/> Bowling                     | <input type="radio"/> Rugby                                      |
| <input type="radio"/> Canoeing/kayaking           | <input type="radio"/> Sailing                                    |
| <input type="radio"/> Cricket                     | <input type="radio"/> Shooting                                   |
| <input type="radio"/> Cycling                     | <input type="radio"/> Snooker/pool                               |
| <input type="radio"/> Dancing                     | <input type="radio"/> Squash                                     |
| <input type="radio"/> Diving                      | <input type="radio"/> Swimming                                   |
| <input type="radio"/> Equestrian Sports           | <input type="radio"/> Table tennis                               |
| <input type="radio"/> Fencing                     | <input type="radio"/> Tennis                                     |
| <input type="radio"/> Figure skating              | <input type="radio"/> Trampoline                                 |
| <input type="radio"/> Football                    | <input type="radio"/> Triathlon                                  |
| <input type="radio"/> Gaelic sports               | <input type="radio"/> Volleyball                                 |
| <input type="radio"/> Golf                        | <input type="radio"/> Water Polo                                 |
| <input type="radio"/> Gymnastics                  | <input type="radio"/> Water sports (eg waterskiing, windsurfing) |
| <input type="radio"/> Hockey                      | <input type="radio"/> Weightlifting                              |
| <input type="radio"/> Ice Hockey                  | <input type="radio"/> Winter sports (eg skiing, snowboarding)    |
| <input type="radio"/> Judo                        | <input type="radio"/> Wrestling                                  |
| <input type="radio"/> Lacrosse                    | <input type="radio"/> Other                                      |

For the rest of this questionnaire we will ask you about the sports you have said were your main sport and your second sport


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## YOUR EXPERIENCE OF TAKING PART IN YOUR SPORT(S)

In this section we concentrate on your experience of your sport(s)

What was the highest level in which you participated in your sport(s) as a child?

	Recreational/leisure	Local	District	National	International
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When did the clubs to which you belonged meet? (Tick all that apply)

	After Lunchtimes	school	Evenings	Weekends	Holidays
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Using *adjectives or short phrases*, please describe the atmosphere in the club(s) where you did Swimming as a child. For example, you could use words like cooperative, competitive, fun, aggressive, oppressive etc.

Using *adjectives or short phrases*, please describe the atmosphere in the club(s) where you did Football as a child. For example, you could use words like cooperative, competitive, fun, aggressive, oppressive etc.

Overall, how well would you say you were cared for when you were doing your sport(s) as a child?

	Very well	Well	Adequately	Poorly	Very poorly
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there anything else you would like to say about any of the above?

## SELF/BODY IMAGE

In this section, we concentrate on the impact participating in sport had on your image of yourself and your body.

We are aware that answering some of these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer them but if you feel unable to do so, please move on to the next question.

How far do you agree with the following statements about how participating in your sport(s) made you feel about yourself or your body?

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree or disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
I enjoyed the way participating in sport made me feel fitter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I liked the way doing sport made my body look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing sport improved my body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I developed a poor body image because of the physical demands of sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I developed a poor body image because of comments made about my body while doing sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Puberty changed my body into one that was not ideal for sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was too overweight to participate in sport properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was too underweight to participate in sport properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I learnt to dislike my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you ever experience any of the following in relation to your weight while you were participating in sport up to the age of 16?

	<i>Yes</i>	<i>No</i>
I had a special diet plan so I could reach my 'perfect' weight	<input type="radio"/>	<input type="radio"/>
I dieted excessively to reach my 'perfect' weight	<input type="radio"/>	<input type="radio"/>
I had a special exercise plan so I could reach my 'perfect' weight	<input type="radio"/>	<input type="radio"/>
I exercised excessively to reach my 'perfect' weight	<input type="radio"/>	<input type="radio"/>
I reached my 'perfect' weight	<input type="radio"/>	<input type="radio"/>
I became anorexic or bulimic	<input type="radio"/>	<input type="radio"/>

Is there anything else you would like to say about how doing sport made you feel about your body image and/or weight?

## SELF-HARM

In this section, we concentrate on experiences in sport that may have led to self-harming, i.e. hurting yourself deliberately.

We are aware that answering questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer but if you feel unable to do so, please move on.

Because of your sport(s) or someone involved in your sport(s), did you ever do any of the following?

	Swimming		Football	
	Yes	No	Yes	No
Cut yourself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hit or punch yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pull your hair out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scratch/pick/tear your skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burn yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inhale/sniff substances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take an overdose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempt suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there anything else you would like to say about self-harm in your sport(s)?

## HAZING

In this section we ask you about any experience you had of hazing. Hazing in a sports context is any activity expected of someone joining a group that humiliates degrades, abuses or endangers, regardless of a person's willingness to participate.

Examples of hazing might include: deliberate humiliation such as name calling or denial of privileges available to others in the same circumstances; being forced to consume alcohol or drugs; being stripped or forced to strip; being forced to perform dangerous or sexual acts.

We are aware that answering these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer but if you feel unable to do so, please move on.

**In the sports club(s) to which you belonged as a child, did you ever experience hazing?**

	Yes	No
Swimming	<input checked="" type="radio"/>	<input type="radio"/>
Football	<input checked="" type="radio"/>	<input type="radio"/>

*If yes, please describe (Swimming)*

*If yes, please describe (Football)*


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**Who was involved in the hazing you experienced? (Tick all that apply)**

	Team mates/peers	Coach/trainer	Other adult(s) in the club	
				Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is there anything else you would like to say about hazing in the club(s) where you did your sport(s)



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## EMOTIONAL HARM

In this section, we are concerned with your emotional well-being in sport and any treatment you received that harmed you emotionally. For example a time when you were teased, bullied or humiliated.

We are aware that answering some of these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer them but if you feel unable to do so, please move on to the next question.

Did you ever experience any of the following when you were doing your sport(s) as a child? If so, how often did you experience it?

	Swimming			Football		
	Never	Once or twice	Regularly	Never	Once or twice	Regularly
Being embarrassed or humiliated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being bullied about something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being teased about something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being criticised about your looks/weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being criticised about your performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being shouted or sworn at	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being called names	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being ignored in a way that made you feel bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being criticised/threatened for not wanting to train/compete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having lies or rumours spread about you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having your things damaged/stolen to humiliate/threaten you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being threatened with being thrown out of the club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being threatened with being hit but not actually being hit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Who was responsible for treating you in this emotionally harmful way? (Tick all that apply)

	Who was responsible for creating you in this emotionally harmful way? (Tick all that apply)			
	Team mates/peers	Coach/trainer	Other adult(s) in the club(s)	Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is there anything else you would like to say about emotional harm while you were doing your sport(s) as a child?



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## DRUG USE

In this section, we concentrate on any experiences you may have had of drugs while you were doing your sport(s) as a child. We know that drugs, both recreational and those intended to assist in training (for example by building muscle or reducing recovery time), are used in sport. It includes the use of legal drugs, as well as illegal or banned drugs.

We are aware that answering these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer but if you feel unable to, please move on.

**While you were doing your sport(s) as a child, were you ever offered, or did you ever take, drugs intended to assist in training, for example those that were intended to help you lose weight, build muscle strength or reduce recovery time after an injury? If so, how frequently did it happen?**

	Swimming			Football		
	<i>Regularly</i>	<i>Once or twice</i>	<i>Never</i>	<i>Regularly</i>	<i>Once or twice</i>	<i>Never</i>
I was offered drugs intended to assist in training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I took drugs intended to assist in training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


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Who offered or provided the drugs? (Tick all that apply)

	Team mates/peers	Coach/trainer	Other adult(s) in the club(s)	Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please use the space below to describe any contact you had with *recreational* drugs while doing your sport(s) as a child.

Is there anything else you would like to say about your experience of drugs while you were doing your sport(s) as a child?

## PHYSICAL HARM

In this section we concentrate on experiences you may have had where you were deliberately physically harmed when you participated in your sport(s). (Examples of this might be: being shaken, pushed or shaken, hit, beaten up)

We are aware that answering these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer but if you feel unable to do so, please move on.

Did you experience any of the following specific instances of physical harm? If so, how frequently did you experience it?

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**Who was responsible for physically harming you? (Tick all that apply)**

	Team mates/peers	Coach/trainer	Other adult(s) in the club(s)	Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Is there anything else you would like to say about physical harm when you were doing your sport(s) as a child?**

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## PHOTOGRAPHS, VIDEOS AND THE INTERNET

In this section, we concentrate on experiences you may have had in sport where a photo or image of you was taken. This may have been harmless and relevant to the sport, club(s) or training. However some people may have had negative experiences; for example a photographer coming into a changing room without warning and taking photographs. We are also interested in experiences where the internet may have been used in an inappropriate way or in a situation where you felt uncomfortable.

We are aware that answering some of these questions may bring up upsetting memories for you. It will be very helpful to us if you are able to answer them but if you feel unable to do so, please move on to the next question.

**In the sports club(s) where you did your sport(s) as a child, were photographs or videos ever taken of you without your permission?**

- ☐ Yes
 ☐ No
 ☐ Don't know / Can't remember

**Did a person taking photographs or videos do any of the following to you? If so, how frequently did it happen?**

	Swimming			Football		
	Never	Once or twice	Regularly	Never	Once or twice	Regularly
Ask you to go with them alone to photograph/video you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make you uneasy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask you to pose/perform in a way that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touch you, to position you in a way that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take photos/video of you partially clothed or naked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask you to take your clothes off for the camera	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ask you to perform sexual acts for the camera	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**Who was responsible for this inappropriate behavior in relation to photographs or videos? (Tick all that apply)**

	Team mates/peers	Coach/trainer	Other adult(s) in the club(s)	Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thinking about the times when you may have been asked to look at the internet (including chatrooms) when you were participating in your sport(s), did you ever experience any of the following?**

	Swimming			Football		
	Never	Once or twice	Regularly	Never	Once or twice	Regularly
Being shown websites that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being shown pornographic websites	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Who was responsible for showing you these websites? *(Tick all that apply)*

	<i>Team mates/peers</i>	<i>Coach/trainer</i>	<i>Other adult involved in the club(s)</i>	<i>Other</i>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is there anything else you would like to say about the use of photography, videos or the internet while you were doing your sport(s) as a child?

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In the next few sections, we ask about any **sexually harmful experiences** you may have had when participating in organised sport as a child (up to age 16).

We know that for some children inappropriate sexual contact happens in sport. Sometimes this happens between child athlete and child athlete, sometimes there is an adult/adults involved. Sometimes it can appear to be relatively minor. Sometimes it starts in a minor way and develops into something more serious. We will ask you about sexually harassing behaviour and about experiences of serious sexual abuse and other forms of sexual harm.



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## SEXUAL HARASSMENT

In this section we concentrate on experiences where you may have been sexually harassed when you participated in your sport(s). (Examples of this might be: sexual jokes about yourself; having your space invaded by someone standing too close to you; someone touching you in a way that made you feel uncomfortable)

We are aware that answering some of these questions may be distressing or may bring up upsetting memories for you. It will be very helpful to us if you are able to answer them but if you feel unable to do so, please move on to the next question.

Did you experience any of the following? If so, how frequently did it happen?


	Swimming			Football		
	Never	Once or twice	Regularly	Never	Once or twice	Regularly
Being subject to sexist jokes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being whistled or leered at	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having sexual comments made about your appearance etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having your space invaded (e.g. someone standing too close)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical contact that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being touched in instruction in a way that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a massage or rub that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive phone calls at home that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being sent letters/cards/emails/texts with a sexual content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Invitations to be alone with someone that made you uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive compliments or criticism about your appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive compliments or criticism about your performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inconsistent treatment (sometimes singled out/sometimes ignored)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>




Who was responsible for this sexual harassment? *(Tick all that apply)*

	Team mates/peers	Coach/trainer	Other adult(s) in the club(s)	Other
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is there anything else you would like to say about sexual harassment while you were doing your sport(s) as a child?

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## SEXUAL HARM

In this section, we concentrate on experiences you may have had where you may have been subject to actual sexual harm through your contact with your sport(s). Examples of this might be: being touched sexually by anyone against your will, in particular if this person is an adult; being kissed by an adult; having sex with an adult; someone forcing you to have sex with them.

**The first question in this section asks very explicitly about sexually abusive behaviour.** You may find it particularly upsetting to think about and answer. It may bring up upsetting or distressing memories for you. It will be very helpful to us if you are able to answer but if you feel unable to do so, please move on.

Did you experience any of the following instances of sexual harm while doing your sport(s) as a child? If so, how frequently did it happen?

	Swimming			Football		
	Never	Once or twice	Regularly	Never	Once or twice	Regularly
Being forced to kiss someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having someone expose themselves to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being touched sexually against your will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone trying to have sex with you against your will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being forced to have penetrative sex (oral, vaginal or anal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


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**Who was responsible for this?** *(Tick all that apply)*

	<i>Team mates/peers</i>	<i>Coach/trainer</i>	<i>Other adult(s) in the club(s)</i>	<i>Other</i>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Is there anything else you would like to say about sexual harm when you were doing your sport(s) as a child?**

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## TELL US MORE ABOUT THE WAY YOU WERE TREATED

In the previous sections of this questionnaire, you told us that you experienced some harmful treatment when you were doing your sport(s) up to the age of 16.

This may have been emotional harm, drug use, physical harm, use of photography, video or the internet, sexual harassment, sexual harm, organised abuse, or a combination of these.

You may have told us about quite minor forms of harmful treatment such as teasing and bullying, or more serious harm such as physical or sexual harm.

It would be very helpful for us if you are able to answer these additional questions but if there are any you do not want to answer, please move on.

**Harm:** In this section we are interested in learning a little more about what you consider to be *the most serious harm* you experienced when doing your sport(s) as a child. Please select it from the list below. *(You might have told us only about incidents you consider to be quite minor, for example, teasing and bullying by your team mates. If this is the case, please click "Emotional harm" - we are still interested in knowing more about these experiences.)*

- ☐ Emotional harm
- ☐ Drug use
- ☐ Physical harm
- ☐ Inappropriate use of photography, video or the internet
- ☐ Sexual harassment
- ☐ Sexual harm
- ☐ Organised abuse


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**GENERAL QUESTIONS TO ALL RESPONDENTS**

Can you suggest things that should be done to improve the way children and young people participating in organised sport are cared for?

Is there anything else you would like to tell us about?

Is there anything about taking part in this study that has upset you?

Would you be prepared to help us again? This would involve a confidential interview of about an hour in length to discuss in more details your experiences of organised sport as a child.

Please indicate whether you would be prepared to talk to us about your experience of organised sport as a child.

☐ Yes

☐ No

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Thank you for being prepared to talk to us more about your experiences of organised sport as a child. Please complete the form below with your contact details. If you are selected for interview, someone from the research team will be in touch with you shortly.

Name

Address

Post code

Telephone number

Email address



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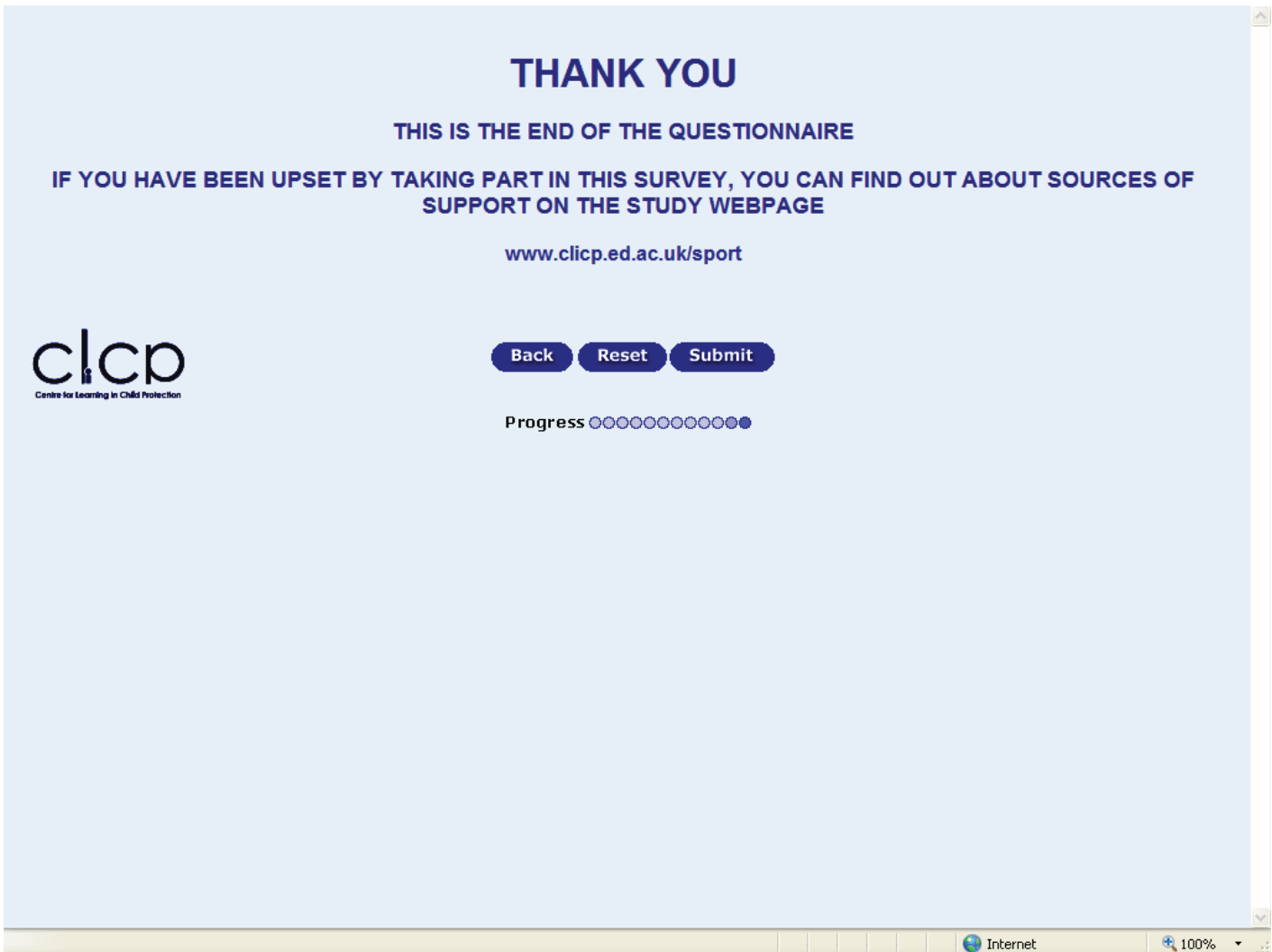
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# APPENDIX 2: INTERVIEW SCHEDULE (TELEPHONE)

## 1 INTRODUCTION/PREAMBLE

You recently filled in our online survey of young people's experiences of having participated in sport as children.

- **Thank you** for agreeing to take part in this follow-up interview. The interview will take around 45 minutes to an hour but could be a bit more or less, depending on what you have to say.

### **Reminder of what the research is about:**

We are asking students across the country to reflect on the experiences they had of sport when they were young (up to age 16).

Research on this scale will provide valuable information about children's positive experiences of sport; also about any negative or harmful experiences they may have had.

It is an important study. In the build-up to the 2012 Olympics, with a predicted increase in numbers of children being attracted into sport, the study will provide vital information for policy and decision makers; and for all those tasked with ensuring that children's early participation in sport is safe, positive and carefree.

### **Information about the interview:**

- The information you give us will be **confidential** – you will not be identifiable in the report
- The interview will take around **45 minutes to an hour** but could be a bit more or less, depending on what you have to say.
- We would like to **record** the interview – are you happy with this?
- Feel free to stop the interview at any time; feel free to ask me to **move on** to the next question
- As with the online survey, I would like to remind you that some of the questions may relate to issues you may find **upsetting**
- Some of the questions we ask will be based on the **information you gave** us in the questionnaire
- **Are you happy to proceed?**

## 2 YOUR PARTICIPATION IN ORGANISED SPORT

**Instruction: Ask all interviewees all questions in section 2**

For the purposes of this study, we are defining ‘organised sport’ as sport that is voluntary, takes place outside school hours and includes an element of training/instruction by an adult.

It *does not* include PE lessons at school, or informally organised sport, e.g. kick abouts in the park.

It *does* include extra-curricular sport at school, e.g. playing in the school team or being part of a club based at school but taking place outside of PE lessons.

### 2.1 How important was organised sport to you as a child? *Probe:*

- Amount of time spent doing sport at different ages
- Sport participated in
- Level participated at
- Balance between sport and other leisure activities/interests pursued as a child

### 2.2 Describe the positive aspects of having been involved in sport as a child. *Probe:*

- Differences in different sports
- Differences at different levels of sport (e.g. recreational, local, district, national, international)

### 2.3 Would your peers have said the same as you about the positive aspects of sport? *Explore*

### 2.4 Did the adults involved in your sports foster these positive aspects of sport? *Probe:*

- How? Which adults? – Coaches, parent helpers, parent spectators

### 2.5 Describe the negative aspects of having been involved in sport as a child? *Probe:*

- Differences in different sports
- Differences at different levels of sport (e.g. recreational, local, district, national, international)

### 2.6 Do you think your peers would have said the same as you about the negative aspects of sport? *Explore*

**2.7 Did the adults involved in your sports do anything to minimise these negative aspects? *Probe:***

- How? Which adults? – Coaches, parent helpers, parent spectators

**2.8 Did the positive aspects of participating in sport outweigh the negatives; or did the negatives outweigh the positives? *Explore***

**2.9 Describe the general atmosphere and ethos in the club(s) where you participated in organised sport as a child. *Probe:***

- Cooperative, competitive, fun, aggressive, oppressive

**2.10 How well or otherwise you were cared for in the club(s) you participated in organised sport as a child. *Probe:***

- How well looked after, approachability of adults

### 3 BODY IMAGE

**Ask all interviewees question 3.1**

Here, the concern is with the impact participating in sport had on your image of yourself and your body image.

**3.1 Do you think participating in sport had any impact on your body image? *Probe:***

- Negative and positive effects on body image
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Differences in feelings over time?

**IF INTERVIEWEE DESCRIBED NEGATIVE IMPACTS ON BODY IMAGE, ASK QUESTION 3.2–3.5. IF NOT, MOVE TO QUESTION 3.6**

**3.2 How did having a negative self image/body image make you feel? *Probe:***

- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**3.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**3.4 Was anyone involved in your sport aware of your negative body image**

**If yes**, explore: who knew; how they knew, what they knew, how they reacted; what they did

**If no**, explore feelings about this

**3.5 Why do you think you developed a negative body image? *Probe:***

- Why it started; continued; stopped
- Was anyone responsible for you developing a poor body image?

**3.6 Were you aware of your team-mates/peers having a negative self/body image from participating in sport? *Probe:***

- how and what interviewee knew about peers'/team mates' negative self/body image; numbers involved; which sports; time period; what did the interviewee do about it.

## **4 SELF HARM**

**If the interviewee described 'self-harm' in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 4.1 to 4.5. If unwilling, or if the interviewee has not described any self-harm, move question 4.6.**

Here we are concerned with experiences in sport that may have led to self harming, i.e. hurting yourself deliberately.

**4.1 Describe your experiences of self harm in sport. *Probe:***

- Experience of self harm (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national international, international)
- Frequency of self harm
- How it made interviewee feel?

**4.2 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**4.3 Was anyone involved in your sport aware of your self harming behaviour?**

**If yes**, explore: who knew; how they knew, what they knew, how they reacted; what they did

**If no**, explore feelings about this

**4.4 Why do you think you harmed yourself like this? *Probe:***

- Why it started
- Why it stopped

**4.5 Did you tell anyone about it?**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**4.6 Were you aware of any of your peers/team-mates self harming because of their involvement in sport? *Probe:***

- how and what interviewee knew about peers'/team mates' self harm; numbers involved; which sports; where it happened; time period over which it happened; what did the interviewee do about it.

## 5 HAZING/INITIATION

**If the interviewee described 'hazing or initiation activities' in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 5.1 to 5.9.**

**If unwilling or if they did not describe hazing or initiation in the questionnaire, move to question 5.10**

Here we are concerned with 'hazing or initiation' activities, e.g. any activity expected of someone joining a club or group that humiliates, degrades, abuses or endangers, regardless of a person's willingness to participate.

**5.1 Describe your experiences of hazing in sport. *Probe:***

- Experience of hazing (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of hazing

**5.2 Who was responsible for treating you like this? *Probe:***

- Coach; parent helper; parent spectator; peers – age, gender

**5.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**5.4 How did being treated like this make you feel? *Probe:***

- Differences over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**5.5 Was anyone involved in your sport aware of your experiences of hazing**

**If yes**, explore: who knew; how they knew, what they knew, how they reacted; what they did

**If no**, explore feelings about this

**5.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**5.7 Did you tell anyone about it**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not



**5.8 At the time, did you consider what you experienced to be bullying/child abuse?**

**Explore:** if not, why not

**5.9 Looking back, do you now consider what you experienced to be bullying/child abuse**

**Explore:** If not, why not?

**5.10 Were you aware of any of your team mates/peers experiencing hazing? Probe:**

- how and what interviewee knew about peers'/team mates' experience of hazing ;
- numbers involved;
- which sports;
- where it happened;
- time period over which it happened;
- what did the interviewee do about it.

## **6 EMOTIONAL HARM IN SPORT**

**If the interviewee described emotional harm in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 6.1 to 6.9.**

**If unwilling or if they did not describe emotional harm in the questionnaire, move to question 6.10**

Explain that here we are concerned with emotional well-being in sport and any treatment that was emotionally harmful; for example, teasing, bullying, being humiliated.

**6.1 Describe your experiences of being emotionally harmed in sport? Probe:**

- Experience of emotional harm (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national international)
- Frequency of emotionally harmful experiences

**6.2 Who was responsible for harming you in this way? *Probe:***

- Coach; parent helper; parent spectator; peers – one person, more than one person; age and gender of person(s) concerned

**6.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**6.4 How did being treated like this make you feel? *Probe:***

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**6.5 Was anyone involved in your sport aware that you were being emotionally harmed**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**6.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**6.7 Did you tell anyone about it**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**6.8 At the time, did you consider what you experienced to be bullying/child abuse?**

**Explore:** if not, why not

**6.9 Looking back, do you now consider what you experienced to be bullying/child abuse**

**Explore:** If not, why not?

**6.10 Were you aware of your team-mates/peers being emotionally harmed?**

*Probe:*

- how and what interviewee knew about peers'/team mates' experience of emotional harm;
- numbers involved;
- which sports;
- where it happened;
- time period over which it happened;
- what did the interviewee do about it.

## 7 USE OF SPORTS DRUGS

**If the interviewee described being offered or using sports drugs in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 7.1 to 7.9.**

**If unwilling or if they did not describe hazing or initiation in the questionnaire, move to question 7.10**

Explain that here we are concerned with any experiences they may have had of sport drugs when involved in sport as a child. This includes drugs intended to assist in training, for example by building muscle or reducing recovery time; it includes the use of legal drugs, as well as illegal or banned drugs.

**7.1 Describe your experiences of being offered or using sports drugs. *Probe:***

- Experience of sports drugs (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of being offered or using sports drugs

**7.2 Who was responsible for offering or providing these drugs? *Probe:***

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- age and gender of person(s) concerned

**7.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**7.4 How did this experience of being offered or using sports drugs make you feel? *Probe:***

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**7.5 Was anyone involved in your sport aware that you were using sports drugs?**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**7.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**7.7 Did you tell anyone about it?**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**7.8 At the time, did you consider what you experienced to be child abuse?**

**Explore:** if not, why not

**7.9 Looking back, do you now consider what you experienced to be child abuse?**

**Explore:** If not, why not?

**7.10 Were you aware of your team-mates/peers being offered/using sports drugs? *Probe:***

- how and what interviewee knew about peers'/team mates' experience of sports drugs; numbers involved;
- which sports;
- where it happened;
- time period over which it happened;
- what did the interviewee do about it.

## 8 PHYSICAL HARM IN SPORT

**If the interviewee described physical harm in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 8.1 to 8.9.**

**If unwilling or if they did not describe physical harm in the questionnaire, move to question 8.10**

Here, we are concerned with experiences of being deliberately physically harmed when involved in organised sport; e.g. being shaken, pushed, hit, beaten up

**8.1 Describe your experiences of physical harm in sport. *Probe:***

- Experience of physical harm (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of physical harm

**8.2 Who was responsible for harming you in this way? *Probe:***

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- age and gender of person(s) concerned

**8.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**8.4 How did your experience of being physically harmed in sport make you feel? *Probe:***

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**8.5 Was anyone involved in your sport aware that you were physically harmed?**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**8.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**8.7 Did you tell anyone about it?**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**8.8 At the time, did you consider what you experienced to be child abuse?**

**Explore:** if not, why not

**8.9 Looking back, do you now consider what you experienced to be child abuse**

**Explore:** If not, why not?

**8.10 Were you aware of your team mates/peers being physically harmed? *Probe:***

- how and what interviewee knew about peers'/team mates' experience of physical harm;
- numbers involved;
- which sports;
- where it happened;

- time period over which it happened;
- what did the interviewee do about it.

## 9 INAPPROPRIATE BEHAVIOUR IN RELATION TO PHOTOGRAPHY, VIDEO AND THE INTERNET

**If the interviewee described inappropriate behaviour in relation to photography, video and the internet, ask if they are willing to discuss this in more detail. If willing, ask questions 9.1 to 9.9.**

**If unwilling or if they did not describe anything inappropriate in relation to photography, video or the internet in the questionnaire, move to question 9.10**

Here we concentrate on experiences in sport where a photo or image of you was taken of you which was inappropriate; also experiences where the internet was used in an inappropriate way.

### 9.1 Describe your experiences of photos, videos or the internet being used inappropriately. *Probe:*

- Experience of inappropriate use of photos, videos, the internet (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of experiencing inappropriate use of photos, video or the internet

### 9.2 Who was responsible for harming you in this way? *Probe:*

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- age and gender of person(s) concerned

### 9.3 How long did this go on? *Probe:*

- When did it start?
- When did it stop?

### 9.4 How did being treated like this make you feel? *Probe:*

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**9.5 Was anyone involved in your sport aware that photos, videos or the internet were being taken and/or used inappropriately**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**9.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**9.7 Did you tell anyone about it?**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**9.8 At the time, did you consider what you experienced to be bullying/child abuse?**

**Explore:** if not, why not

**9.9 Looking back, do you now consider what you experienced to be bullying/child abuse**

**Explore:** If not, why not?

**9.10 Were you aware of your team-mates/peers being subject to inappropriate use of photos, videos or the internet? *Probe:***

- how and what interviewee knew about peers'/team mates' experience of inappropriate use of photos, videos, the internet;
- numbers involved;
- which sports;
- where it happened;
- time period over which it happened;
- what did the interviewee do about it.



## 10 SEXUAL HARASSMENT IN SPORT

**If the interviewee described 'sexual harassment' in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 10.1 to 10.9.**

**If unwilling or if they did not describe sexual harassment in the questionnaire, move to question 10.10**

Explain that here we are concerned with experiences of sexual harassment, e.g. where sexual jokes have been made, having someone stand too close to you, someone touching you in a way that made you feel uncomfortable.

### 10.1 Describe your experiences of sexual harassment in sport? *Probe:*

- Experience of sexual harassment (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of sexual harassment

### 10.2 Who was responsible for sexually harassing you? *Probe:*

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- age and gender of person(s) concerned

### 10.3 How long did this go on? *Probe:*

- When did it start?
- When did it stop?

### 10.4 How did being treated like this make you feel? *Probe:*

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

### 10.5 Was anyone involved in your sport aware that you were being sexually harassed

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**10.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**10.7 Did you tell anyone about it**

**If yes,** explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no,** explore why not

**10.8 At the time, did you consider what you experienced to be child abuse?**

**Explore:** if not, why not

**10.9 Looking back, do you now consider what you experienced to be child abuse**

**Explore:** If not, why not?

**10.10 Were you aware of your team-mates/peers being sexually harassed?  
*Probe:***

- How and what interviewee knew about peers'/team mates' experience of sexual harassment;
- Numbers involved;
- Which sports;
- Where it happened;
- Time period over which it happened;
- What did the interviewee do about it.

## 11 SEXUAL HARM IN SPORT

**If the interviewee described having experienced 'sexual harm' in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 11.1 to 11.9.**

**If unwilling or if they did not describe sexual harassment in the questionnaire, move to question 11.10**

Explain that here we are concerned with experiences where there has been actual sexual harm in your sport; e.g. being touched by someone against your will, in particular if this person is an adult; being kissed by an adult; having sex with an adult; someone forcing you to have sex with them.

**11.1 Describe your experience of having been sexually harmed in sport?**

*Probe:*

- Experience of sexual harm (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of sexually harmful experiences

**11.2 Who was responsible for harming you in this way? *Probe:***

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- Age and gender of person(s) concerned

**11.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**11.4 How did being treated like this make you feel? *Probe:***

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**11.5 Was anyone involved in your sport aware that you were being sexually harmed**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**11.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**11.7 Did you tell anyone about it**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**11.8 At the time, did you consider what you experienced to be child abuse?**

**Explore:** if not, why not

**11.9 Looking back, do you now consider what you experienced to be child abuse**

**Explore:** If not, why not?

**11.10 Were you aware of your team-mates/peers being sexually harmed? *Probe***

- How and what interviewee knew about peers'/team mates' experience of sexual harm; numbers involved;
- Which sports;
- Where it happened; Time period over which it happened;
- What did the interviewee do about it.

## 12 ORGANISED ABUSE IN SPORT

**If the interviewee described having been abused in an organised way in the questionnaire, ask if they are willing to discuss this in more detail. If willing, ask questions 12.1 to 12.9.**

**If unwilling or if they did not describe organised abuse in the questionnaire, move to question 12.10**

Explain that sometimes very serious harm occurs to children in sport. In this section we are concerned with experiences of being abused in an organised way by more than one adult and where there may have been one or more children involved.

**12.1 Describe your experiences of organised abuse in sport? *Probe:***

- Experience of organised abuse (use the questionnaire as guide)
- Differences in different sports
- Differences at different levels in sports (e.g. recreational, local, district, national, international)
- Frequency of experiences of organised abuse

**12.2 Who was responsible for harming you in this way? *Probe:***

- Coach; parent helper; parent spectator; peers – one person, more than one person;
- Age and gender of person(s) concerned

**12.3 How long did this go on? *Probe:***

- When did it start?
- When did it stop?

**12.4 How did being treated like this make you feel? *Probe:***

- Differences in feelings over time
- Differences in feelings depending on who was responsible
- Impact on other parts of your life

**12.5 Was anyone involved in your sport aware of organised abuse occurring**

**If yes**, explore: who knew; how they knew; what they knew, how they reacted; what they did

**If no**, explore feelings about this

**12.6 Why do you think this happened to you? *Probe:***

- Why it started
- Why it stopped

**12.7 Did you tell anyone about it**

**If yes**, explore: who they told; when they told; why they told; what happened when they told; what they would have liked to happen when they told; how they felt about telling

**If no**, explore why not

**12.8 At the time, did you consider what you experienced to be child abuse?**

**Explore:** if not, why not

**12.9 Looking back, do you now consider what you experienced to be child abuse**

**Explore:** If not, why not?

**12.10 Were you aware of team-mates/peers being abused in an organised way? *Probe:***

- How and what interviewee knew about peers'/team mates' experience of organised abuse;
- Numbers involved;

- Which sports;
- Where it happened;
- Time period over which it happened;
- What did the interviewee do about it.

## 13 YOUR INVOLVEMENT IN THE HARM OF OTHERS

In this section we want to explore any involvement you had in harming others in the ways we've discussed.

**Check if interviewee is willing to discuss any involvement they had in the harm of others.**

### 13.1 Were you ever involved in harming others while you were doing organised sport as a child? *Probe:*

- How they became involved;
- Types of behaviour involved in,
- How they felt about being involved then;
- How they felt about involvement now;
- Do they have an explanation for what happened
- In which sport(s) did it occur;
- Do they think there are differences depending on the length of time they were involved in the sport; on the type of sport, on the level competed at

## 14 PARENTS' ATTITUDES TO YOUR SPORTING ACTIVITIES

In this section we want to ask you about the role your parents played in supporting and encouraging your participation in organised sport as a child.

### 14.1 What role did your parents play in actively encouraging or discouraging your participation in organised sport as a child. *Probe:*

- Did they: encourage; discourage; show interest, show no interest; put too much pressure, too little pressure; support you from the side lines; support or hinder participation in other ways.

### 14.2 Did other children's parents' behaviour have an effect on your participation in organised sport as a child? *Probe:*

- Other parents supportive of you; put pressure on you e.g. shouting from sidelines; saying shouting positive or negative things

## 15 YOUR ATTITUDE TO SPORT NOW

- 15.1** What impact did any harmful experiences you had in sport as a child have on your attitude to sport in the longer term?
- 15.2** Would you encourage your own children to participate in sport
- 15.3** Thinking about your own experience of sport as a child, can you think of anything that should be put in place to ensure new children coming into sport can participate safely, happily and positively.

April 2010

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## ADDITIONAL TABLES

### 1 INTRODUCTION

This appendix contains additional tables for figures used in the main report. They are structured in the same way as the report, following the same chapter headings. Unless stated otherwise, the base for the tables is all respondents.

### 2 CHARACTERISTICS OF SAMPLE

Table 2-1 Sexual orientation by gender

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Bisexual	3%	197	2%	35	4%	162
Gay man	1%	48	3%	47	0%	1
Gay woman/lesbian	1%	53	0%	0	1%	53
Heterosexual/ straight	93%	5650	93%	1520	93%	4130
Other	0%	14	0%	4	0%	10
Prefer not to say	2%	98	2%	28	2%	70

Table 2-2 Do you consider yourself to have a disability? By gender

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Yes	5%	332	6%	98	5%	234
No	95%	5728	94%	1536	95%	4192

### 3 CHILDHOOD FAMILY CIRCUMSTANCES

Table 3-1 'Which of these best describes who you were brought up with for most of your childhood?' by gender

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Two parents/guardians	87%	5256	88%	1433	86%	3823
Single parent/guardian	13%	759	12%	198	13%	561
Grandparents (without parents)	0%	10	0%	2	0%	8
Siblings only	0%	2	0%	0	0%	2
Other	1%	33	0%	1	1%	32

**Table 3-2 Experience of residential care by gender**

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Yes	1%	35	1%	12	1%	23
No	99%	6025	99%	1622	99%	4403

**Table 3-3 Experience of foster care by gender**

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Yes	1%	32	0%	4	1%	28
No	99%	6028	100%	1630	99%	4398

## 4 PARTICIPATION IN SPORT

**Table 4-1 Participation in disabled sport by gender**

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	5781	100%	1571	100%	4210
Disabled sport	0%	7	0%	2	0%	5
Able-bodied sport	98%	5693	99%	1550	98%	4143
Both disabled and able-bodied sport	1%	81	1%	19	1%	62

Table 4-2 Main sport by gender

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Swimming	15%	925	8%	134	18%	791
Football	13%	758	31%	500	6%	258
Netball	12%	713	0%	1	16%	712
Dance	11%	665	0%	7	15%	658
Hockey	6%	377	3%	57	7%	320
Rugby	5%	323	17%	282	1%	41
Athletics (track and field)	5%	273	3%	57	5%	216
Martial Arts (excluding judo)	4%	253	5%	83	4%	170
Equestrian Sports	4%	236	0%	6	5%	230
Gymnastics	3%	210	1%	9	5%	201
Badminton	3%	208	4%	69	3%	139
Tennis	3%	186	4%	68	3%	118
Basketball	2%	131	3%	53	2%	78
Cricket	2%	116	5%	85	1%	31
Trampolining	2%	113	0%	8	2%	105
Winter sports (eg skiing, snowboarding)	1%	51	0%	8	1%	43
Baseball/rounders/softball	1%	45	0%	2	1%	43
Judo	1%	40	1%	19	0%	21
Sailing	1%	40	1%	20	0%	20
Squash	1%	34	1%	17	0%	17
Canoeing/kayaking	1%	33	1%	16	0%	17
Rowing	1%	33	1%	9	1%	24
Mountaineering/climbing	0%	29	1%	13	0%	16
Golf	0%	27	1%	15	0%	12
Cycling	0%	26	1%	13	0%	13
Fencing	0%	24	1%	12	0%	12
Lacrosse	0%	20	0%	2	0%	18
Orienteering	0%	18	1%	9	0%	9
Table tennis	0%	18	0%	6	0%	12
Archery	0%	14	1%	10	0%	4
Volleyball	0%	13	0%	5	0%	8
Figure skating	0%	11	0%	0	0%	11
Ice Hockey	0%	11	0%	7	0%	4
Shooting	0%	10	0%	6	0%	4
Triathlon	0%	7	0%	2	0%	5
Angling/fishing	0%	6	0%	4	0%	2
Boxing	0%	6	0%	2	0%	4
Diving	0%	6	0%	2	0%	4
Gaelic sports	0%	6	0%	2	0%	4
Roller skating/blading	0%	6	0%	1	0%	5
Bowling	0%	3	0%	1	0%	2
Snooker/pool	0%	3	0%	3	0%	0
Water sports (eg waterskiing, windsurfing)	0%	3	0%	2	0%	1
Wrestling	0%	2	0%	0	0%	2
Water Polo	0%	1	0%	0	0%	1
Other	0%	27	0%	7	0%	20

**Table 4-3 Did you participate in more than one sport as a child, by gender**

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	6060	100%	1634	100%	4426
Yes	82%	4966	79%	1297	83%	3669
No	18%	1094	21%	337	17%	757

Table 4-4 Second sport by gender

	Total		Male		Female	
	%	n	%	n	%	n
Total	100%	5288	100%	1403	100%	3885
Swimming	13%	691	9%	127	15%	564
Netball	11%	597	0%	0	15%	597
Football	8%	437	18%	250	5%	187
Athletics (track and field)	7%	381	7%	102	7%	279
Dance	6%	336	0%	5	9%	331
Hockey	6%	335	4%	50	7%	285
Tennis	5%	281	6%	91	5%	190
Badminton	5%	267	6%	87	5%	180
Gymnastics	4%	218	1%	11	5%	207
Martial Arts (excluding judo)	3%	177	5%	68	3%	109
Cricket	3%	168	10%	140	1%	28
Rugby	3%	160	9%	125	1%	35
Trampolining	3%	158	0%	7	4%	151
Basketball	3%	153	4%	60	2%	93
Equestrian Sports	2%	126	0%	2	3%	124
Baseball/rounders/softball	2%	121	0%	1	3%	120
Winter sports (eg skiing, snowboarding)	1%	69	2%	24	1%	45
Cycling	1%	53	2%	24	1%	29
Golf	1%	51	3%	43	0%	8
Mountaineering/climbing	1%	46	1%	18	1%	28
Sailing	1%	36	1%	12	1%	24
Judo	1%	34	1%	10	1%	24
Canoeing/kayaking	1%	32	1%	10	1%	22
Volleyball	1%	32	0%	2	1%	30
Squash	1%	30	1%	19	0%	11
Archery	0%	25	1%	13	0%	12
Table tennis	0%	25	1%	15	0%	10
Fencing	0%	22	1%	11	0%	11
Rowing	0%	21	0%	3	0%	18
Angling/fishing	0%	17	1%	10	0%	7
Orienteering	0%	15	0%	6	0%	9
Roller skating/blading	0%	15	0%	3	0%	12
Boxing	0%	14	0%	5	0%	9
Figure skating	0%	12	0%	0	0%	12
Diving	0%	10	0%	0	0%	10
Gaelic sports	0%	10	0%	4	0%	6
Lacrosse	0%	10	0%	1	0%	9
Shooting	0%	10	1%	8	0%	2
Snooker/pool	0%	10	1%	8	0%	2
Triathlon	0%	8	0%	1	0%	7
Water Polo	0%	7	0%	2	0%	5
Bowling	0%	5	0%	4	0%	1
Ice Hockey	0%	5	0%	3	0%	2
Water sports (eg waterskiing, windsurfing)	0%	3	0%	1	0%	2
Wrestling	0%	3	0%	2	0%	1
Weightlifting	0%	2	0%	1	0%	1
Other	1%	50	1%	14	1%	36

## 5 EMOTIONAL HARM

The base for tables in this section is respondents reporting any emotional harm in their main or second sport.

Table 5-1 Perpetrators of emotional harm in main and second sport by gender of respondent

		Total		Male		Female	
		%	n	%	n	%	n
Main sport	team mates/peers	81%	3275	87%	963	79%	2312
	coach/trainer	34%	1384	29%	328	36%	1056
	other adult in club	6%	257	7%	80	6%	177
	other	5%	210	6%	66	5%	144
	Total	100%	4037	100%	1113	100%	2924
Second sport	team mates/peers	79%	2025	85%	545	77%	1480
	coach/trainer	33%	841	27%	175	35%	666
	other adult in club	5%	121	5%	33	5%	88
	other	4%	102	4%	27	4%	75
	Total	100%	2556	100%	640	100%	1916

Table 5-2 Perpetrators of emotional harm in main and second sport by sport

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Main sport	team mates/peers	78%	456	87%	447	87%	516	75%	352	86%	235	73%	120	91%	216
	coach/trainer	43%	250	22%	115	27%	159	48%	222	26%	72	37%	60	32%	77
	other adult in club	5%	31	3%	14	8%	46	5%	23	5%	14	10%	16	8%	19
	other	3%	18	6%	33	9%	54	3%	12	9%	24	7%	12	5%	12
	Total	100%	581	100%	513	100%	594	100%	467	100%	273	100%	164	100%	237
Second sport	team mates/peers	71%	216	86%	294	85%	241	69%	128	82%	163	79%	130	90%	84
	coach/trainer	43%	130	30%	103	27%	77	49%	92	31%	61	30%	49	26%	24
	other adult in club	4%	13	2%	7	4%	12	4%	8	5%	9	8%	13	4%	4
	other	3%	9	3%	12	6%	18	1%	2	5%	9	4%	6	3%	3
	Total	100%	305	100%	343	100%	283	100%	186	100%	200	100%	165	100%	93

Table 5-3 Emotional harm in main sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	4554	100%	1260	100%	3294
	Regularly	7%	306	5%	65	7%	241
	Once or twice	59%	2672	59%	738	59%	1934
	Never	35%	1576	36%	457	34%	1119
Being bullied	Total	100%	4554	100%	1260	100%	3294
	Regularly	5%	221	4%	47	5%	174
	Once or twice	21%	964	23%	291	20%	673
	Never	74%	3369	73%	922	74%	2447
Being teased	Total	100%	4554	100%	1260	100%	3294
	Regularly	7%	341	8%	97	7%	244
	Once or twice	46%	2089	51%	645	44%	1444
	Never	47%	2124	41%	518	49%	1606
Being criticised about looks/weight	Total	100%	4554	100%	1260	100%	3294
	Regularly	7%	315	5%	67	8%	248
	Once or twice	25%	1135	24%	305	25%	830
	Never	68%	3104	70%	888	67%	2216
Being criticised about performance	Total	100%	4554	100%	1260	100%	3294
	Regularly	12%	526	12%	146	12%	380
	Once or twice	56%	2563	60%	760	55%	1803
	Never	32%	1465	28%	354	34%	1111
Being shouted or sworn at	Total	100%	4554	100%	1260	100%	3294
	Regularly	7%	323	11%	133	6%	190
	Once or twice	33%	1508	44%	560	29%	948
	Never	60%	2723	45%	567	65%	2156
Being called names	Total	100%	4554	100%	1260	100%	3294
	Regularly	5%	230	7%	82	4%	148
	Once or twice	22%	1022	31%	393	19%	629
	Never	73%	3302	62%	785	76%	2517
Being ignored in a way that made you feel bad	Total	100%	4554	100%	1260	100%	3294
	Regularly	7%	305	4%	56	8%	249
	Once or twice	22%	1021	19%	234	24%	787
	Never	71%	3228	77%	970	69%	2258
Being criticised/threatened for not wanting to train/compete	Total	100%	4554	100%	1260	100%	3294
	Regularly	3%	145	2%	22	4%	123
	Once or twice	16%	742	16%	200	16%	542
	Never	81%	3667	82%	1038	80%	2629
Having lies/rumours spread about you	Total	100%	4554	100%	1260	100%	3294
	Regularly	2%	110	1%	18	3%	92
	Once or twice	12%	531	10%	126	12%	405
	Never	86%	3913	89%	1116	85%	2797
Having your things damaged/stolen to humiliate/threaten you	Total	100%	4554	100%	1260	100%	3294
	Regularly	1%	43	1%	10	1%	33
	Once or twice	4%	193	5%	67	4%	126
	Never	95%	4318	94%	1183	95%	3135
Being threatened with being thrown out of the club	Total	100%	4554	100%	1260	100%	3294
	Regularly	1%	46	1%	8	1%	38
	Once or twice	4%	193	4%	46	4%	147
	Never	95%	4315	96%	1206	94%	3109
Being threatened with being hit	Total	100%	4554	100%	1260	100%	3294
	Regularly	1%	38	1%	11	1%	27
	Once or twice	3%	139	6%	73	2%	66
	Never	96%	4377	93%	1176	97%	3201



Table 5-4 Emotional harm in second sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	4025	100%	1101	100%	2924
	Regularly	56%	2257	62%	684	54%	1573
	Once or twice	39%	1577	35%	383	41%	1194
	Never	5%	191	3%	34	5%	157
Being bullied	Total	100%	4024	100%	1101	100%	2923
	Regularly	83%	3356	85%	931	83%	2425
	Once or twice	13%	530	13%	138	13%	392
	Never	3%	138	3%	32	4%	106
Being teased	Total	100%	4023	100%	1101	100%	2922
	Regularly	64%	2568	62%	688	64%	1880
	Once or twice	31%	1242	33%	359	30%	883
	Never	5%	213	5%	54	5%	159
Being criticised about looks/weight	Total	100%	4021	100%	1100	100%	2921
	Regularly	79%	3186	82%	903	78%	2283
	Once or twice	16%	657	15%	168	17%	489
	Never	4%	178	3%	29	5%	149
Being criticised about performance	Total	100%	4022	100%	1100	100%	2922
	Regularly	57%	2310	59%	649	57%	1661
	Once or twice	35%	1405	34%	375	35%	1030
	Never	8%	307	7%	76	8%	231
Being shouted or sworn at	Total	100%	4022	100%	1100	100%	2922
	Regularly	78%	3120	72%	787	80%	2333
	Once or twice	18%	733	24%	259	16%	474
	Never	4%	169	5%	54	4%	115
Being called names	Total	100%	4019	100%	1100	100%	2919
	Regularly	82%	3302	78%	861	84%	2441
	Once or twice	14%	575	18%	201	13%	374
	Never	4%	142	3%	38	4%	104
Being ignored in a way that made you feel bad	Total	100%	4023	100%	1100	100%	2923
	Regularly	82%	3288	86%	941	80%	2347
	Once or twice	14%	556	11%	123	15%	433
	Never	4%	179	3%	36	5%	143
Being criticised/threatened for not wanting to train/compete	Total	100%	4022	100%	1100	100%	2922
	Regularly	87%	3509	89%	978	87%	2531
	Once or twice	10%	412	9%	100	11%	312
	Never	3%	101	2%	22	3%	79
Having lies/rumours spread about you	Total	100%	4022	100%	1100	100%	2922
	Regularly	92%	3687	93%	1027	91%	2660
	Once or twice	7%	264	6%	62	7%	202
	Never	2%	71	1%	11	2%	60
Having your things damaged/stolen to humiliate/threaten you	Total	100%	4023	100%	1100	100%	2923
	Regularly	96%	3864	96%	1056	96%	2808
	Once or twice	3%	125	3%	35	3%	90
	Never	1%	34	1%	9	1%	25
Being threatened with being thrown out of the club	Total	100%	4022	100%	1100	100%	2922
	Regularly	97%	3884	97%	1062	97%	2822
	Once or twice	3%	108	3%	31	3%	77
	Never	1%	30	1%	7	1%	23
Being threatened with being hit	Total	100%	4020	100%	1100	100%	2920
	Regularly	97%	3907	96%	1054	98%	2853
	Once or twice	2%	80	3%	34	2%	46
	Never	1%	33	1%	12	1%	21

Table 5-5 Emotional harm in main sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	7%	309	8%	93	7%	100	6%	75	6%	33	8%	8
	Once or twice	59%	2693	58%	692	59%	905	59%	744	57%	293	61%	59
	Never	35%	1595	34%	413	34%	524	35%	444	36%	184	31%	30
Being bullied	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	5%	222	6%	66	5%	75	5%	57	4%	20	4%	4
	Once or twice	21%	974	21%	246	21%	317	22%	284	19%	99	29%	28
	Never	74%	3401	74%	886	74%	1137	73%	922	77%	391	67%	65
Being teased	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	7%	343	8%	101	7%	106	8%	96	6%	30	10%	10
	Once or twice	46%	2105	43%	513	46%	701	48%	611	46%	237	44%	43
	Never	47%	2149	49%	584	47%	722	44%	556	48%	243	45%	44
Being criticised about looks/weight	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	7%	317	8%	101	6%	94	6%	79	7%	34	9%	9
	Once or twice	25%	1142	23%	276	26%	402	24%	298	26%	135	32%	31
	Never	68%	3138	69%	821	68%	1033	70%	886	67%	341	59%	57
Being criticised about performance	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	12%	530	12%	142	10%	148	10%	131	16%	81	29%	28
	Once or twice	56%	2586	52%	625	58%	883	59%	742	55%	283	55%	53
	Never	32%	1481	36%	431	33%	498	31%	390	29%	146	16%	16
Being shouted or sworn at	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	7%	326	6%	66	7%	111	7%	90	8%	40	20%	19
	Once or twice	33%	1524	25%	295	34%	515	39%	493	36%	182	40%	39
	Never	60%	2747	70%	837	59%	903	54%	680	56%	288	40%	39
Being called names	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	5%	229	6%	73	5%	81	4%	51	3%	16	8%	8
	Once or twice	22%	1030	19%	224	23%	355	25%	315	22%	114	23%	22
	Never	73%	3338	75%	901	71%	1093	71%	897	75%	380	69%	67
Being ignored in a way that made you feel bad	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	7%	306	8%	95	6%	92	6%	82	6%	30	7%	7
	Once or twice	22%	1031	24%	283	22%	336	21%	268	24%	122	23%	22
	Never	71%	3260	68%	820	72%	1101	72%	913	70%	358	70%	68
Being criticised/threatened for not wanting to train/compete	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	3%	146	3%	37	2%	33	3%	43	5%	26	7%	7
	Once or twice	16%	745	13%	159	13%	205	19%	237	23%	116	29%	28
	Never	81%	3706	84%	1002	84%	1291	78%	983	72%	368	64%	62
Having lies/rumours spread about you	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	2%	113	3%	40	2%	26	2%	29	3%	16	2%	2
	Once or twice	12%	534	10%	124	11%	175	11%	145	15%	75	15%	15
	Never	86%	3950	86%	1034	87%	1328	86%	1089	82%	419	82%	80
Having your things damaged/stolen to humiliate/threaten you	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	1%	43	1%	13	1%	14	1%	11	1%	4	1%	1
	Once or twice	4%	195	5%	57	4%	66	4%	46	5%	24	2%	2
	Never	95%	4359	94%	1128	95%	1449	95%	1206	95%	482	97%	94
Being threatened with being thrown out of the club	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	1%	46	1%	14	1%	10	1%	10	1%	7	5%	5
	Once or twice	4%	193	3%	33	3%	46	5%	64	8%	40	10%	10
	Never	95%	4358	96%	1151	96%	1473	94%	1189	91%	463	85%	82
Being threatened with being hit	Total	100%	4597	100%	1198	100%	1529	100%	1263	100%	510	100%	97
	Regularly	1%	40	1%	16	1%	8	1%	10	1%	4	2%	2
	Once or twice	3%	139	3%	33	3%	53	3%	33	3%	16	4%	4
	Never	96%	4418	96%	1149	96%	1468	97%	1220	96%	490	94%	91

Table 5-6 Emotional harm in second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Regularly	56%	2229	58%	957	54%	757	55%	408	59%	97	48%	10
	Once or twice	39%	1559	37%	619	41%	576	40%	297	35%	57	48%	10
	Never	5%	186	5%	83	4%	60	4%	31	7%	11	5%	1
Being bullied	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Regularly	84%	3322	85%	1413	82%	1147	84%	618	77%	127	81%	17
	Once or twice	13%	519	12%	195	14%	198	13%	95	17%	28	14%	3
	Never	3%	133	3%	51	3%	48	3%	23	6%	10	5%	1
Being teased	Total	100%	3973	100%	1658	100%	1393	100%	736	100%	165	100%	21
	Regularly	64%	2538	67%	1104	61%	848	65%	478	60%	99	43%	9
	Once or twice	31%	1229	28%	472	34%	473	30%	224	30%	50	48%	10
	Never	5%	206	5%	82	5%	72	5%	34	10%	16	10%	2
Being criticised about looks/weight	Total	100%	3972	100%	1659	100%	1393	100%	734	100%	165	100%	21
	Regularly	79%	3151	80%	1331	79%	1098	79%	582	76%	125	71%	15
	Once or twice	16%	650	16%	260	17%	233	17%	122	18%	30	24%	5
	Never	4%	171	4%	68	4%	62	4%	30	6%	10	5%	1
Being criticised about performance	Total	100%	3973	100%	1658	100%	1393	100%	736	100%	165	100%	21
	Regularly	57%	2282	61%	1015	55%	768	54%	398	58%	95	29%	6
	Once or twice	35%	1392	31%	520	37%	520	39%	288	33%	54	48%	10
	Never	8%	299	7%	123	8%	105	7%	50	10%	16	24%	5
Being shouted or sworn at	Total	100%	3973	100%	1658	100%	1393	100%	736	100%	165	100%	21
	Regularly	77%	3079	82%	1366	74%	1028	75%	552	72%	119	67%	14
	Once or twice	18%	727	14%	232	21%	298	21%	153	22%	37	33%	7
	Never	4%	167	4%	60	5%	67	4%	31	5%	9	0%	0
Being called names	Total	100%	3970	100%	1656	100%	1392	100%	736	100%	165	100%	21
	Regularly	82%	3267	84%	1390	80%	1114	83%	609	81%	134	95%	20
	Once or twice	14%	567	13%	212	16%	229	14%	105	13%	21	0%	0
	Never	3%	136	3%	54	4%	49	3%	22	6%	10	5%	1
Being ignored in a way that made you feel bad	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Regularly	82%	3248	83%	1371	81%	1130	81%	594	82%	136	81%	17
	Once or twice	14%	552	13%	220	14%	197	15%	111	14%	23	5%	1
	Never	4%	174	4%	68	5%	66	4%	31	4%	6	14%	3
Being criticised/threatened for not wanting to train/compete	Total	100%	3973	100%	1659	100%	1392	100%	736	100%	165	100%	21
	Regularly	87%	3470	89%	1479	87%	1213	85%	628	81%	134	76%	16
	Once or twice	10%	407	8%	137	11%	149	13%	94	13%	22	24%	5
	Never	2%	96	3%	43	2%	30	2%	14	5%	9	0%	0
Having lies/rumours spread about you	Total	100%	3973	100%	1659	100%	1392	100%	736	100%	165	100%	21
	Regularly	92%	3648	92%	1532	92%	1279	92%	679	87%	143	71%	15
	Once or twice	6%	255	6%	97	7%	92	6%	45	10%	17	19%	4
	Never	2%	70	2%	30	2%	21	2%	12	3%	5	10%	2
Having your things damaged/stolen to humiliate/threaten you	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Regularly	96%	3824	96%	1598	96%	1343	96%	707	95%	157	90%	19
	Once or twice	3%	118	3%	47	3%	39	3%	23	4%	7	10%	2
	Never	1%	32	1%	14	1%	11	1%	6	1%	1	0%	0
Being threatened with being thrown out of the club	Total	100%	3974	100%	1659	100%	1393	100%	736	100%	165	100%	21
	Regularly	97%	3840	97%	1606	97%	1349	96%	709	95%	156	95%	20
	Once or twice	3%	105	2%	38	3%	35	3%	23	5%	8	5%	1
	Never	1%	29	1%	15	1%	9	1%	4	1%	1	0%	0
Being threatened with being hit	Total	100%	3972	100%	1658	100%	1393	100%	735	100%	165	100%	21
	Regularly	97%	3863	97%	1607	98%	1359	98%	717	97%	160	95%	20
	Once or twice	2%	77	2%	36	2%	21	2%	14	3%	5	5%	1
	Never	1%	32	1%	15	1%	13	1%	4	0%	0	0%	0

Table 5-7 Emotional harm in main sport by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	7%	45	7%	36	7%	44	10%	50	5%	15	5%	9	5%	13
	Once or twice	57%	384	60%	329	61%	380	65%	337	63%	183	51%	102	61%	160
	Never	36%	243	33%	183	32%	200	25%	129	32%	94	44%	88	34%	90
Being bullied	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	4%	29	6%	33	6%	36	5%	26	3%	8	6%	12	4%	10
	Once or twice	20%	135	24%	129	25%	159	21%	107	26%	75	13%	25	25%	67
	Never	76%	508	70%	386	69%	429	74%	383	72%	209	81%	162	71%	186
Being teased	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	7%	45	8%	42	10%	60	6%	33	4%	13	7%	14	9%	23
	Once or twice	44%	299	48%	263	55%	342	40%	208	48%	140	37%	74	53%	140
	Never	49%	328	44%	243	36%	222	53%	275	48%	139	56%	111	38%	100
Being criticised about looks/weight	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	7%	44	7%	40	7%	42	9%	46	6%	17	5%	9	6%	17
	Once or twice	28%	187	28%	154	24%	150	33%	168	20%	59	16%	32	29%	76
	Never	66%	441	65%	354	69%	432	59%	302	74%	216	79%	158	65%	170
Being criticised about performance	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	10%	68	10%	55	14%	86	14%	74	7%	21	8%	16	13%	33
	Once or twice	49%	329	62%	342	66%	412	57%	292	63%	184	53%	106	63%	166
	Never	41%	275	28%	151	20%	126	29%	150	30%	87	39%	77	24%	64
Being shouted or sworn at	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	4%	26	6%	33	12%	77	5%	27	7%	20	4%	7	16%	42
	Once or twice	27%	180	36%	197	51%	316	22%	115	42%	122	22%	43	56%	146
	Never	69%	466	58%	318	37%	231	72%	374	51%	150	75%	149	29%	75
Being called names	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	3%	19	6%	32	8%	50	3%	13	4%	12	6%	12	7%	18
	Once or twice	21%	139	22%	123	36%	225	13%	66	22%	65	16%	32	33%	87
	Never	76%	514	72%	393	56%	349	85%	437	74%	215	78%	155	60%	158
Being ignored in a way that made you feel bad	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	4%	30	10%	55	8%	47	8%	43	9%	27	4%	7	4%	10
	Once or twice	20%	136	29%	161	24%	151	25%	127	29%	85	19%	37	16%	43
	Never	75%	506	61%	332	68%	426	67%	346	62%	180	78%	155	80%	210
Being criticised/threatened for not wanting to train/compete	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	4%	28	3%	17	2%	10	2%	11	2%	7	5%	10	3%	8
	Once or twice	24%	162	14%	78	14%	90	12%	64	17%	50	20%	39	16%	41
	Never	72%	482	83%	453	84%	524	85%	441	80%	235	75%	150	81%	214
Having lies/rumours spread about you	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	2%	13	3%	16	2%	13	3%	13	2%	7	3%	6	2%	5
	Once or twice	10%	68	15%	81	12%	77	13%	65	11%	32	11%	21	13%	34
	Never	88%	591	82%	451	86%	534	85%	438	87%	253	86%	172	85%	224
Having your things damaged/stolen to humiliate/threaten you	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	1%	4	2%	9	1%	6	1%	4	0%	1	2%	4	1%	2
	Once or twice	5%	31	5%	25	4%	27	3%	17	5%	14	2%	3	7%	18
	Never	95%	637	94%	514	95%	591	96%	495	95%	277	96%	192	92%	243
Being threatened with being thrown out of the club	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	1%	6	1%	5	1%	7	1%	6	0%	1	1%	2	1%	2
	Once or twice	6%	42	2%	12	4%	26	5%	24	3%	10	3%	6	3%	7
	Never	93%	624	97%	531	95%	591	94%	486	96%	281	96%	191	97%	254
Being threatened with being hit	Total	100%	672	100%	548	100%	624	100%	516	100%	292	100%	199	100%	263
	Regularly	0%	3	1%	3	1%	9	1%	4	1%	2	2%	3	0%	1
	Once or twice	2%	11	3%	14	6%	39	1%	7	3%	9	2%	4	6%	16
	Never	98%	658	97%	531	92%	576	98%	505	96%	281	96%	192	94%	246

Table 5-8 Emotional harm in second sport by second sport (top 7 only)

		Swimming		Netball		Football		Dancing		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being embarrassed or humiliated	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	61%	327	45%	202	46%	161	42%	107	51%	138	62%	180	50%	62
	Once or twice	35%	186	48%	218	48%	168	48%	121	45%	120	34%	98	43%	53
	Regularly	4%	20	7%	31	6%	22	10%	26	4%	10	4%	13	7%	8
Being bullied	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	86%	459	75%	339	76%	266	81%	207	81%	217	81%	237	75%	92
	Once or twice	11%	58	18%	82	19%	65	15%	39	16%	43	15%	44	20%	24
	Regularly	3%	16	7%	30	6%	20	3%	8	3%	8	3%	10	6%	7
Being teased	Total	100%	533	100%	451	100%	351	100%	254	100%	267	100%	291	100%	123
	Never	72%	386	57%	257	49%	171	63%	159	60%	159	66%	193	46%	57
	Once or twice	24%	126	35%	159	42%	149	32%	81	37%	98	27%	78	46%	57
	Regularly	4%	21	8%	35	9%	31	6%	14	4%	10	7%	20	7%	9
Being criticised about looks/weight	Total	100%	533	100%	450	100%	351	100%	254	100%	268	100%	290	100%	123
	Never	81%	431	73%	329	77%	270	66%	168	77%	206	82%	239	71%	87
	Once or twice	15%	81	20%	90	17%	60	26%	67	19%	50	12%	36	27%	33
	Regularly	4%	21	7%	31	6%	21	7%	19	4%	12	5%	15	2%	3
Being criticised about performance	Total	100%	533	100%	450	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	68%	361	46%	205	40%	141	53%	134	46%	124	60%	174	43%	53
	Once or twice	27%	142	44%	197	48%	167	38%	97	45%	121	32%	94	47%	58
	Regularly	6%	30	11%	48	12%	43	9%	23	9%	23	8%	23	10%	12
Being shouted or sworn at	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	84%	450	73%	329	52%	184	77%	195	71%	189	84%	244	47%	58
	Once or twice	13%	69	22%	98	38%	134	18%	45	25%	67	12%	34	42%	52
	Regularly	3%	14	5%	24	9%	33	6%	14	4%	12	4%	13	11%	13
Being called names	Total	100%	531	100%	451	100%	351	100%	254	100%	268	100%	291	100%	122
	Never	86%	457	78%	351	67%	234	85%	217	76%	204	86%	250	63%	77
	Once or twice	11%	61	17%	75	27%	95	11%	29	20%	54	11%	31	30%	37
	Regularly	2%	13	6%	25	6%	22	3%	8	4%	10	3%	10	7%	8
Being ignored in a way that made you feel bad	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	87%	463	70%	317	76%	268	77%	195	74%	197	81%	237	80%	99
	Once or twice	11%	56	21%	96	17%	61	17%	44	21%	57	14%	41	15%	19
	Regularly	3%	14	8%	38	6%	22	6%	15	5%	14	4%	13	4%	5
Being criticised/threatened for not wanting to train/compete	Total	100%	533	100%	451	100%	351	100%	253	100%	268	100%	291	100%	123
	Never	87%	462	85%	382	85%	297	87%	221	85%	227	84%	244	81%	100
	Once or twice	11%	56	12%	56	13%	46	11%	28	12%	33	13%	37	15%	18
	Regularly	3%	15	3%	13	2%	8	2%	4	3%	8	3%	10	4%	5
Having lies or rumours spread about you	Total	100%	533	100%	451	100%	350	100%	254	100%	268	100%	291	100%	123
	Never	93%	496	86%	387	88%	308	90%	229	89%	239	92%	268	88%	108
	Once or twice	6%	31	11%	48	8%	29	8%	21	9%	23	6%	17	11%	14
	Regularly	1%	6	4%	16	4%	13	2%	4	2%	6	2%	6	1%	1
Having your things damaged/s tolen to humiliate/threaten you	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	96%	514	95%	428	94%	330	96%	244	96%	256	97%	282	93%	114
	Once or twice	3%	15	4%	19	4%	14	3%	7	3%	9	2%	5	6%	7
	Regularly	1%	4	1%	4	2%	7	1%	3	1%	3	1%	4	2%	2
Being threatened with being thrown out of the club	Total	100%	533	100%	451	100%	351	100%	254	100%	268	100%	291	100%	123
	Never	97%	516	95%	428	96%	338	96%	243	96%	256	97%	282	94%	116
	Once or twice	3%	15	4%	20	2%	8	4%	9	3%	9	2%	7	5%	6
	Regularly	0%	2	1%	3	1%	5	1%	2	1%	3	1%	2	1%	1
Being threatened with being hit	Total	100%	533	100%	451	100%	351	100%	254	100%	267	100%	291	100%	123
	Never	99%	526	98%	440	93%	327	98%	249	96%	257	97%	282	93%	115
	Once or twice	1%	7	2%	9	5%	17	1%	3	3%	7	2%	5	5%	6
	Regularly	0%	0	0%	2	2%	7	1%	2	1%	3	1%	4	2%	2



## 6 BODY IMAGE

Table 6-1 Body image by gender

		Total		Male		Female	
		%	n	%	n	%	n
I enjoyed the way sport made me fitter	Total	100%	6049	100%	1632	100%	4417
	Strongly agree	51%	3089	55%	904	49%	2185
	Agree	38%	2279	36%	581	38%	1698
	Neither agree or disagree	9%	525	7%	116	9%	409
	Disagree	2%	124	1%	22	2%	102
	Strongly disagree	1%	32	1%	9	1%	23
I liked the way sport made my body look	Total	100%	6047	100%	1631	100%	4416
	Strongly agree	22%	1313	24%	387	21%	926
	Agree	30%	1794	32%	517	29%	1277
	Neither agree or disagree	39%	2351	37%	604	40%	1747
	Disagree	8%	469	6%	90	9%	379
	Strongly disagree	2%	120	2%	33	2%	87
Sport improved my body image	Total	100%	6039	100%	1627	100%	4412
	Strongly agree	18%	1080	22%	350	17%	730
	Agree	32%	1926	38%	618	30%	1308
	Neither agree or disagree	33%	1994	29%	469	35%	1525
	Disagree	14%	828	9%	147	15%	681
	Strongly disagree	3%	211	3%	43	4%	168
I developed a poor body image because of the physical demands of sport	Total	100%	6027	100%	1625	100%	4402
	Strongly agree	1%	81	1%	17	1%	64
	Agree	6%	365	4%	60	7%	305
	Neither agree or disagree	15%	910	12%	194	16%	716
	Disagree	42%	2512	39%	641	43%	1871
	Strongly disagree	36%	2159	44%	713	33%	1446
I developed a poor body image because of comments made about my body while doing sport	Total	100%	6018	100%	1627	100%	4391
	Strongly agree	3%	206	2%	36	4%	170
	Agree	11%	635	6%	105	12%	530
	Neither agree or disagree	14%	849	13%	212	15%	637
	Disagree	34%	2041	32%	527	34%	1514
	Strongly disagree	38%	2287	46%	747	35%	1540
Puberty changed my body into one that was not ideal for sport	Total	100%	6046	100%	1632	100%	4414
	Strongly agree	5%	300	1%	16	6%	284
	Agree	17%	1004	7%	107	20%	897
	Neither agree or disagree	18%	1102	15%	249	19%	853
	Disagree	34%	2085	38%	627	33%	1458
	Strongly disagree	26%	1555	39%	633	21%	922
I was too overweight to participate in sport properly	Total	100%	6035	100%	1627	100%	4408
	Strongly agree	1%	78	1%	13	1%	65
	Agree	6%	392	4%	71	7%	321
	Neither agree or disagree	9%	561	8%	135	10%	426
	Disagree	27%	1631	22%	363	29%	1268
	Strongly disagree	56%	3373	64%	1045	53%	2328
I was too underweight to participate in sport properly	Total	100%	6025	100%	1630	100%	4395
	Strongly agree	1%	33	1%	11	1%	22
	Agree	3%	188	6%	95	2%	93
	Neither agree or disagree	9%	529	11%	177	8%	352
	Disagree	29%	1722	25%	413	30%	1309
	Strongly disagree	59%	3553	57%	934	60%	2619
I learnt to dislike my body	Total	100%	6031	100%	1627	100%	4404
	Strongly agree	4%	243	2%	28	5%	215
	Agree	12%	739	8%	135	14%	604
	Neither agree or disagree	15%	926	11%	186	17%	740
	Disagree	27%	1623	26%	418	27%	1205
	Strongly disagree	41%	2500	53%	860	37%	1640

Table 6-2 Body image by level achieved in main sport

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
I enjoyed the way sport made me fitter	Total	100%	6105	100%	1687	100%	1992	100%	1636	100%	660	100%	130
	Strongly agree	51%	3118	36%	600	50%	993	60%	979	67%	444	78%	102
	Agree	38%	2304	45%	752	40%	792	34%	555	28%	183	17%	22
	Neutral	9%	529	15%	245	9%	170	5%	83	4%	27	3%	4
	Disagree	2%	123	4%	66	2%	34	1%	16	1%	5	2%	2
	Strongly disagree	1%	31	1%	24	0%	3	0%	3	0%	1	0%	0
I liked the way sport made my body look	Total	100%	6103	100%	1686	100%	1990	100%	1636	100%	661	100%	130
	Strongly agree	22%	1329	15%	247	19%	387	27%	441	31%	203	39%	51
	Agree	30%	1806	25%	420	32%	632	31%	502	32%	213	30%	39
	Neutral	39%	2378	47%	798	39%	775	35%	572	30%	199	26%	34
	Disagree	8%	470	10%	167	8%	156	6%	103	6%	39	4%	5
	Strongly disagree	2%	120	3%	54	2%	40	1%	18	1%	7	1%	1
Sport improved my body image	Total	100%	6095	100%	1684	100%	1988	100%	1633	100%	660	100%	130
	Strongly agree	18%	1092	12%	199	16%	309	22%	365	27%	180	30%	39
	Agree	32%	1945	25%	423	34%	671	35%	571	35%	231	38%	49
	Neutral	33%	2010	39%	659	34%	674	29%	480	26%	172	19%	25
	Disagree	14%	836	18%	309	14%	273	11%	176	9%	62	12%	16
	Strongly disagree	3%	212	6%	94	3%	61	3%	41	2%	15	1%	1
I developed a poor body image because of the physical demands of sport	Total	100%	6083	100%	1679	100%	1985	100%	1629	100%	661	100%	129
	Strongly agree	1%	84	2%	31	1%	19	1%	20	2%	11	2%	3
	Agree	6%	369	7%	121	5%	90	6%	102	6%	42	11%	14
	Neutral	15%	914	17%	290	16%	310	13%	210	13%	88	12%	16
	Disagree	42%	2537	42%	705	43%	855	41%	675	39%	260	33%	42
	Strongly disagree	36%	2179	32%	532	36%	711	38%	622	39%	260	42%	54
I developed a poor body image because of comments made about my body while doing sport	Total	100%	6074	100%	1681	100%	1978	100%	1628	100%	657	100%	130
	Strongly agree	3%	208	5%	77	3%	61	3%	51	2%	14	4%	5
	Agree	11%	639	12%	210	11%	211	8%	130	11%	75	10%	13
	Neither	14%	855	16%	271	14%	283	13%	209	12%	82	8%	10
	Disagree	34%	2065	35%	591	34%	676	34%	559	30%	199	31%	40
	Strongly disagree	38%	2307	32%	532	38%	747	42%	679	44%	287	48%	62
Puberty changed my body into one that was not ideal for sport	Total	100%	6102	100%	1688	100%	1990	100%	1635	100%	660	100%	129
	Strongly agree	5%	303	7%	113	4%	78	5%	83	3%	22	5%	7
	Agree	17%	1011	19%	321	17%	338	14%	237	15%	101	11%	14
	Neutral	18%	1108	21%	354	18%	363	16%	257	17%	115	15%	19
	Disagree	35%	2109	33%	554	36%	708	35%	575	35%	231	32%	41
	Strongly disagree	26%	1571	20%	346	25%	503	30%	483	29%	191	37%	48
I was too overweight to participate in sport properly	Total	100%	6091	100%	1686	100%	1986	100%	1629	100%	660	100%	130
	Strongly agree	1%	78	3%	47	1%	16	1%	10	1%	4	1%	1
	Agree	7%	398	10%	161	6%	129	5%	81	3%	23	3%	4
	Neutral	9%	567	11%	188	11%	215	7%	114	7%	45	4%	5
	Disagree	27%	1644	28%	474	27%	544	27%	442	23%	153	24%	31
	Strongly disagree	56%	3404	48%	816	54%	1082	60%	982	66%	435	68%	89
I was too underweight to participate in sport properly	Total	100%	6081	100%	1677	100%	1982	100%	1634	100%	659	100%	129
	Strongly agree	1%	33	1%	9	1%	12	0%	6	1%	5	1%	1
	Agree	3%	188	4%	63	3%	69	3%	41	2%	14	1%	1
	Neutral	9%	537	10%	173	9%	184	8%	131	6%	40	7%	9
	Disagree	29%	1739	31%	520	29%	571	27%	438	27%	179	24%	31
	Strongly disagree	59%	3584	54%	912	58%	1146	62%	1018	64%	421	67%	87
I learnt to dislike my body	Total	100%	6087	100%	1681	100%	1987	100%	1633	100%	656	100%	130
	Strongly agree	4%	247	6%	94	3%	69	4%	58	3%	21	4%	5
	Agree	12%	740	15%	251	12%	238	11%	172	10%	67	9%	12
	Neutral	15%	934	17%	286	16%	310	14%	236	13%	88	11%	14
	Disagree	27%	1640	28%	478	28%	557	25%	406	27%	174	19%	25
	Strongly disagree	41%	2526	34%	572	41%	813	47%	761	47%	306	57%	74

Table 6-3 Body image by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
I enjoyed the way sport made me fitter	Total	100%	923	100%	722	100%	765	100%	668	100%	385	100%	276	100%	326
	Strongly agree	44%	410	48%	343	54%	410	50%	331	59%	229	62%	170	63%	206
	Agree	43%	398	38%	275	38%	287	38%	256	34%	131	33%	90	29%	96
	Neutral	9%	82	11%	83	7%	56	9%	63	5%	20	5%	14	7%	22
	Disagree	3%	28	2%	14	1%	9	2%	15	1%	3	1%	2	0%	0
	Strongly disagree	1%	5	1%	7	0%	3	0%	3	1%	2	0%	0	1%	2
I liked the way sport made my body look	Total	100%	923	100%	721	100%	764	100%	669	100%	385	100%	275	100%	326
	Strongly agree	20%	185	17%	121	21%	161	25%	165	23%	90	32%	88	28%	91
	Agree	29%	267	29%	206	31%	238	30%	200	30%	116	33%	90	35%	114
	Neutral	40%	373	44%	314	39%	301	35%	237	36%	140	28%	78	34%	110
	Disagree	9%	81	9%	63	6%	49	8%	51	7%	28	6%	17	3%	9
	Strongly disagree	2%	17	2%	17	2%	15	2%	16	3%	11	1%	2	1%	2
Sport improved my body image	Total	100%	921	100%	721	100%	762	100%	668	100%	384	100%	276	100%	326
	Strongly agree	16%	150	13%	92	18%	138	18%	119	19%	72	27%	74	23%	75
	Agree	31%	283	30%	216	36%	277	32%	213	33%	126	35%	97	42%	137
	Neutral	33%	306	35%	255	33%	253	30%	202	33%	127	29%	81	28%	90
	Disagree	16%	145	18%	128	10%	76	17%	111	9%	36	7%	20	5%	17
	Strongly disagree	4%	37	4%	30	2%	18	3%	23	6%	23	1%	4	2%	7
I developed a poor body image because of the physical demands of sport	Total	100%	918	100%	719	100%	761	100%	667	100%	385	100%	275	100%	325
	Strongly agree	2%	19	1%	9	1%	7	2%	16	2%	6	0%	1	1%	2
	Agree	7%	66	7%	47	3%	26	8%	54	6%	22	3%	7	6%	21
	Neutral	17%	152	15%	109	13%	100	17%	111	15%	56	12%	32	12%	39
	Disagree	44%	402	42%	305	42%	323	39%	261	43%	166	37%	103	42%	136
	Strongly disagree	30%	279	35%	249	40%	305	34%	225	35%	135	48%	132	39%	127
I developed a poor body image because of comments made about my body while doing sport	Total	100%	919	100%	717	100%	763	100%	663	100%	384	100%	273	100%	324
	Strongly agree	4%	38	4%	29	2%	15	5%	30	2%	8	1%	4	3%	9
	Agree	13%	121	12%	84	7%	55	15%	101	7%	25	5%	13	9%	29
	Neutral	15%	137	14%	99	13%	101	17%	111	15%	56	10%	28	13%	41
	Disagree	35%	320	34%	242	35%	264	29%	194	38%	146	32%	88	36%	118
	Strongly disagree	33%	303	37%	263	43%	328	34%	227	39%	149	51%	140	39%	127
Puberty changed my body into one that was not ideal for sport	Total	100%	924	100%	721	100%	765	100%	668	100%	384	100%	275	100%	326
	Strongly agree	7%	61	5%	35	2%	19	9%	57	5%	18	4%	10	1%	4
	Agree	21%	192	20%	146	12%	92	23%	152	15%	57	12%	33	8%	27
	Neutral	22%	201	20%	146	13%	100	18%	119	17%	67	15%	40	15%	49
	Disagree	34%	314	32%	232	38%	292	31%	204	36%	140	40%	110	36%	116
	Strongly disagree	17%	156	22%	162	34%	262	20%	136	27%	102	30%	82	40%	130
I was too overweight to participate in sport properly	Total	100%	921	100%	722	100%	762	100%	669	100%	383	100%	274	100%	325
	Strongly agree	1%	11	1%	10	1%	11	2%	12	1%	4	0%	0	1%	3
	Agree	8%	77	9%	64	5%	41	5%	35	6%	23	1%	3	6%	20
	Neutral	11%	99	10%	73	9%	65	10%	65	8%	31	5%	13	9%	28
	Disagree	28%	261	29%	212	24%	182	31%	205	27%	105	22%	59	26%	86
	Strongly disagree	51%	473	50%	363	61%	463	53%	352	57%	220	73%	199	58%	188
I was too underweight to participate in sport properly	Total	100%	919	100%	719	100%	763	100%	668	100%	384	100%	274	100%	325
	Strongly agree	0%	3	0%	2	0%	1	1%	5	1%	2	1%	2	1%	3
	Agree	2%	19	2%	12	4%	33	3%	18	3%	10	3%	7	5%	15
	Neutral	10%	90	6%	42	11%	81	8%	51	7%	28	6%	17	11%	36
	Disagree	30%	273	29%	208	26%	200	32%	214	28%	107	28%	78	25%	82
	Strongly disagree	58%	534	63%	455	59%	448	57%	380	62%	237	62%	170	58%	189
I learnt to dislike my body	Total	100%	920	100%	719	100%	764	100%	668	100%	382	100%	275	100%	324
	Strongly agree	5%	49	5%	37	1%	11	6%	37	3%	10	3%	7	3%	9
	Agree	16%	147	13%	92	11%	84	16%	110	10%	40	7%	20	9%	29
	Neutral	17%	157	16%	116	12%	92	18%	123	16%	63	12%	34	10%	32
	Disagree	27%	251	28%	204	27%	206	26%	171	29%	109	23%	63	22%	71
	Strongly disagree	34%	316	38%	270	49%	371	34%	227	42%	160	55%	151	56%	183



Table 6-4 Dieting and exercise by gender

		Total		Male		Female	
		%	n	%	n	%	n
I had a special diet plan to reach my perfect weight	Total	100%	6060	100%	1634	100%	4426
	Yes	10%	586	6%	91	11%	495
	No	90%	5474	94%	1543	89%	3931
I dieted excessively to reach my perfect weight	Total	100%	6060	100%	1634	100%	4426
	Yes	8%	478	3%	45	10%	433
	No	92%	5582	97%	1589	90%	3993
I had a special exercise plan to reach my perfect weight	Total	100%	6060	100%	1634	100%	4426
	Yes	11%	647	9%	140	11%	507
	No	89%	5413	91%	1494	89%	3919
I exercised excessively to reach my perfect weight	Total	100%	6060	100%	1634	100%	4426
	Yes	7%	418	5%	88	7%	330
	No	93%	5642	95%	1546	93%	4096
I reached my perfect weight	Total	100%	6060	100%	1634	100%	4426
	Yes	13%	816	17%	272	12%	544
	No	87%	5244	83%	1362	88%	3882
I became anorexic or bulimic	Total	100%	6060	100%	1634	100%	4426
	Yes	5%	301	1%	22	6%	279
	No	95%	5759	99%	1612	94%	4147

Table 6-5 Dieting and exercise by level achieved in main sport

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
I had a special diet plan to reach my perfect weight	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	10%	592	9%	148	9%	170	9%	144	15%	98	25%	32
	No	90%	5523	91%	1543	91%	1823	91%	1496	85%	563	75%	98
I dieted excessively to reach my perfect weight	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	8%	483	9%	145	7%	146	8%	126	8%	54	9%	12
	No	92%	5632	91%	1546	93%	1847	92%	1514	92%	607	91%	118
I had a special exercise plan to reach my perfect weight	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	11%	655	8%	132	10%	192	11%	185	18%	119	21%	27
	No	89%	5460	92%	1559	90%	1801	89%	1455	82%	542	79%	103
I exercised excessively to reach my perfect weight	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	7%	427	4%	76	7%	132	8%	137	10%	68	11%	14
	No	93%	5688	96%	1615	93%	1861	92%	1503	90%	593	89%	116
I reached my perfect weight	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	13%	825	9%	160	13%	258	15%	242	20%	132	25%	33
	No	87%	5290	91%	1531	87%	1735	85%	1398	80%	529	75%	97
I became anorexic or bulimic	Total	100%	6115	100%	1691	100%	1993	100%	1640	100%	661	100%	130
	Yes	5%	306	5%	84	5%	94	6%	91	5%	31	5%	6
	No	95%	5809	95%	1607	95%	1899	94%	1549	95%	630	95%	124

Table 6-6 Dieting and exercise by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
I had a special diet plan to reach my perfect weight	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	10%	92	11%	78	5%	40	12%	80	9%	36	11%	31	12%	38
	No	90%	836	89%	644	95%	727	88%	589	91%	349	89%	245	88%	288
I dieted excessively to reach my perfect weight	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	9%	83	8%	60	3%	25	12%	80	8%	32	8%	22	5%	16
	No	91%	845	92%	662	97%	742	88%	589	92%	353	92%	254	95%	310
I had a special exercise plan to reach my perfect	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	10%	94	11%	79	6%	45	12%	77	10%	40	12%	34	17%	56
	No	90%	834	89%	643	94%	722	88%	592	90%	345	88%	242	83%	270
I exercised excessively to reach my perfect weight	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	7%	62	8%	55	5%	40	7%	50	7%	27	10%	27	7%	24
	No	93%	866	92%	667	95%	727	93%	619	93%	358	90%	249	93%	302
I reached my perfect weight	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	13%	118	8%	61	15%	116	14%	95	12%	47	20%	56	18%	58
	No	87%	810	92%	661	85%	651	86%	574	88%	338	80%	220	82%	268
I became anorexic or bulimic	Total	100%	928	100%	722	100%	767	100%	669	100%	385	100%	276	100%	326
	Yes	5%	44	6%	41	2%	19	9%	58	7%	26	5%	14	2%	5
	No	95%	884	94%	681	98%	748	91%	611	93%	359	95%	262	98%	321

## 7 SELF HARM

The base for all self harm tables is respondents reporting any self harming behaviour in either their main or second sport.

**Table 7-1 Self harm in main sport by gender**

		Total		Male		Female	
		%	n	%	n	%	n
Cut yourself	Total	100%	605	100%	152	100%	453
	No	72%	438	71%	108	73%	330
	Yes	28%	167	29%	44	27%	123
Hit or punch yourself	Total	100%	605	100%	152	100%	453
	No	60%	364	51%	77	63%	287
	Yes	40%	241	49%	75	37%	166
Pull your hair out	Total	100%	605	100%	152	100%	453
	No	87%	529	90%	137	87%	392
	Yes	13%	76	10%	15	13%	61
Scratch/pick/tear your skin	Total	100%	605	100%	152	100%	453
	No	58%	348	66%	100	55%	248
	Yes	42%	257	34%	52	45%	205
Burn yourself	Total	100%	605	100%	152	100%	453
	No	94%	570	95%	145	94%	425
	Yes	6%	35	5%	7	6%	28
Inhale/sniff substances	Total	100%	605	100%	152	100%	453
	No	98%	594	99%	150	98%	444
	Yes	2%	11	1%	2	2%	9
Take an overdose	Total	100%	605	100%	152	100%	453
	No	97%	588	98%	149	97%	439
	Yes	3%	17	2%	3	3%	14
Attempt suicide	Total	100%	605	100%	152	100%	453
	No	95%	576	97%	148	94%	428
	Yes	5%	29	3%	4	6%	25

Table 7-2 Self harm in second sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Cut yourself	Total	100%	534	100%	141	100%	393
	Yes	19%	99	20%	28	18%	71
	No	81%	435	80%	113	82%	322
Hit or punch yourself	Total	100%	534	100%	142	100%	392
	Yes	28%	151	34%	48	26%	103
	No	72%	383	66%	94	74%	289
Pull your hair out	Total	100%	533	100%	141	100%	392
	Yes	10%	51	10%	14	9%	37
	No	90%	482	90%	127	91%	355
Scratch/pick/tear your skin	Total	100%	533	100%	141	100%	392
	Yes	27%	143	23%	33	28%	110
	No	73%	390	77%	108	72%	282
Burn yourself	Total	100%	533	100%	141	100%	392
	Yes	5%	27	5%	7	5%	20
	No	95%	506	95%	134	95%	372
Inhale/sniff harmful substance	Total	100%	533	100%	141	100%	392
	Yes	2%	13	4%	5	2%	8
	No	98%	520	96%	136	98%	384
Take an overdose	Total	100%	533	100%	141	100%	392
	Yes	3%	15	1%	2	3%	13
	No	97%	518	99%	139	97%	379
Attempt suicide	Total	100%	533	100%	141	100%	392
	Yes	3%	18	2%	3	4%	15
	No	97%	515	98%	138	96%	377

Table 7-3 Self harm in main sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Cut yourself	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	72%	440	74%	111	66%	111	74%	147	79%	63	53%	8
	Yes	28%	170	26%	38	34%	57	26%	51	21%	17	47%	7
Hit or punch yourself	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	60%	368	66%	99	63%	106	56%	110	60%	48	33%	5
	Yes	40%	242	34%	50	37%	62	44%	88	40%	32	67%	10
Pull your hair out	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	88%	534	89%	132	88%	148	85%	169	88%	70	100%	15
	Yes	12%	76	11%	17	12%	20	15%	29	13%	10	0%	0
Scratch/pick/tear your skin	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	57%	348	50%	74	63%	105	60%	118	55%	44	47%	7
	Yes	43%	262	50%	75	38%	63	40%	80	45%	36	53%	8
Burn yourself	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	94%	573	93%	139	93%	157	93%	185	96%	77	100%	15
	Yes	6%	37	7%	10	7%	11	7%	13	4%	3	0%	0
Inhale/sniff substances	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	98%	599	97%	145	98%	165	98%	195	99%	79	100%	15
	Yes	2%	11	3%	4	2%	3	2%	3	1%	1	0%	0
Take an overdose	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	97%	593	97%	145	97%	163	97%	192	98%	78	100%	15
	Yes	3%	17	3%	4	3%	5	3%	6	3%	2	0%	0
Attempt suicide	Total	100%	610	100%	149	100%	168	100%	198	100%	80	100%	15
	No	95%	581	94%	140	95%	160	96%	190	95%	76	100%	15
	Yes	5%	29	6%	9	5%	8	4%	8	5%	4	0%	0

Table 7-4 Self harm in second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Cut yourself	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	18%	92	15%	29	20%	37	17%	17	25%	8	20%	1
	No	82%	431	86%	171	80%	148	83%	84	75%	24	80%	4
Hit or punch yourself	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	28%	144	24%	48	21%	38	42%	42	47%	15	20%	1
	No	72%	379	76%	152	79%	147	58%	59	53%	17	80%	4
Pull your hair out	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	9%	47	9%	17	8%	15	11%	11	13%	4	0%	0
	No	91%	476	92%	183	92%	170	89%	90	88%	28	100%	5
Scratch/pick/tear your skin	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	26%	138	24%	48	26%	49	28%	28	38%	12	20%	1
	No	74%	385	76%	152	74%	136	72%	73	63%	20	80%	4
Burn yourself	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	5%	25	3%	5	5%	9	7%	7	13%	4	0%	0
	No	95%	498	98%	195	95%	176	93%	94	88%	28	100%	5
Inhale/sniff substances	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	2%	11	3%	5	2%	3	1%	1	6%	2	0%	0
	No	98%	512	98%	195	98%	182	99%	100	94%	30	100%	5
Take an overdose	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	2%	13	2%	4	3%	5	4%	4	0%	0	0%	0
	No	98%	510	98%	196	97%	180	96%	97	100%	32	100%	5
Attempt suicide	Total	100%	523	100%	200	100%	185	100%	101	100%	32	100%	5
	Yes	3%	16	3%	5	3%	6	5%	5	0%	0	0%	0
	No	97%	507	98%	195	97%	179	95%	96	100%	32	100%	5

Table 7-5 Self harm in main sport by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Cut yourself	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	79%	64	70%	44	70%	59	61%	45	74%	26	79%	19	67%	14
	Yes	21%	17	30%	19	30%	25	39%	29	26%	9	21%	5	33%	7
Hit or punch yourself	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	72%	58	57%	36	45%	38	66%	49	63%	22	63%	15	43%	9
	Yes	28%	23	43%	27	55%	46	34%	25	37%	13	38%	9	57%	12
Pull your hair out	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	84%	68	83%	52	89%	75	88%	65	97%	34	79%	19	86%	18
	Yes	16%	13	17%	11	11%	9	12%	9	3%	1	21%	5	14%	3
Scratch/pick/tear your skin	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	52%	42	59%	37	61%	51	51%	38	54%	19	50%	12	67%	14
	Yes	48%	39	41%	26	39%	33	49%	36	46%	16	50%	12	33%	7
Burn yourself	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	98%	79	92%	58	94%	79	92%	68	89%	31	92%	22	90%	19
	Yes	2%	2	8%	5	6%	5	8%	6	11%	4	8%	2	10%	2
Inhale/sniff substances	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	100%	81	94%	59	96%	81	99%	73	100%	35	100%	24	100%	21
	Yes	0%	0	6%	4	4%	3	1%	1	0%	0	0%	0	0%	0
Take an overdose	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	99%	80	98%	62	98%	82	95%	70	100%	35	88%	21	100%	21
	Yes	1%	1	2%	1	2%	2	5%	4	0%	0	13%	3	0%	0
Attempt suicide	Total	100%	81	100%	63	100%	84	100%	74	100%	35	100%	24	100%	21
	No	96%	78	95%	60	96%	81	92%	68	100%	35	92%	22	100%	21
	Yes	4%	3	5%	3	4%	3	8%	6	0%	0	8%	2	0%	0

Table 7-6 Self harm in second sport by second sport (top 7 only)

		Swimming		Netball		Football		Dancing		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Cut yourself	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	14%	10	27%	15	28%	12	26%	9	16%	5	9%	3	25%	6
	No	86%	64	73%	40	72%	31	74%	25	84%	27	91%	29	75%	18
Hit or punch yourself	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	14%	10	27%	15	26%	11	38%	13	31%	10	25%	8	46%	11
	No	86%	64	73%	40	74%	32	62%	21	69%	22	75%	24	54%	13
Pull your hair out	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	8%	6	7%	4	9%	4	26%	9	6%	2	3%	1	13%	3
	No	92%	68	93%	51	91%	39	74%	25	94%	30	97%	31	88%	21
Scratch/pick/tear your skin	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	16%	12	29%	16	33%	14	32%	11	34%	11	25%	8	25%	6
	No	84%	62	71%	39	67%	29	68%	23	66%	21	75%	24	75%	18
Burn yourself	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	5%	4	7%	4	7%	3	6%	2	6%	2	9%	3	4%	1
	No	95%	70	93%	51	93%	40	94%	32	94%	30	91%	29	96%	23
Inhale/sniff harmful substance	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	0%	0	2%	1	2%	1	3%	1	0%	0	3%	1	0%	0
	No	100%	74	98%	54	98%	42	97%	33	100%	32	97%	31	100%	24
Take an overdose	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	1%	1	0%	0	0%	0	6%	2	3%	1	6%	2	0%	0
	No	99%	73	100%	55	100%	43	94%	32	97%	31	94%	30	100%	24
Attempt suicide	Total	100%	74	100%	55	100%	43	100%	34	100%	32	100%	32	100%	24
	Yes	1%	1	0%	0	2%	1	6%	2	3%	1	13%	4	4%	1
	No	99%	73	100%	55	98%	42	94%	32	97%	31	88%	28	96%	23



## 8 SEXUAL HARASSMENT, SEXUALISED BEHAVIOUR AND SEXUAL HARM

The base for tables in this section is respondents reporting sexual harassment or sexual harm in their main or second sport

Table 8-1 Perpetrators of sexual harassment in main and second sport by gender of respondent

		Total		Male		Female	
		%	n	%	n	%	n
Main sport	team mates/peers	65%	927	77%	175	63%	752
	coach/trainer	21%	304	21%	47	21%	257
	other adult in club	8%	116	7%	16	8%	100
	other	21%	296	14%	33	22%	263
	Total	100%	1426	100%	228	100%	1198
Second sport	team mates/peers	66%	495	76%	86	64%	409
	coach/trainer	24%	179	26%	29	24%	150
	other adult in club	6%	48	7%	8	6%	40
	other	20%	148	10%	11	21%	137
	Total	100%	751	100%	113	100%	638

Table 8-2 Perpetrators of sexual harassment in main and second sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Main sport	team mates/peers	76%	153	53%	103	65%	120	61%	87	64%	74	70%	55	68%	45
	coach/trainer	20%	41	12%	24	20%	37	28%	40	15%	17	15%	12	20%	13
	other adult in club	9%	18	5%	10	8%	14	5%	7	4%	5	6%	5	11%	7
	other	10%	20	43%	85	21%	38	21%	30	28%	32	25%	20	21%	14
	Total	100%	202	100%	196	100%	184	100%	142	100%	116	100%	79	100%	66
Second sport	team mates/peers	68%	54	60%	62	71%	59	62%	29	66%	41	70%	46	69%	18
	coach/trainer	27%	21	18%	19	13%	11	30%	14	19%	12	27%	18	19%	5
	other adult in club	9%	7	3%	3	7%	6	2%	1	5%	3	8%	5	0%	0
	other	9%	7	32%	33	23%	19	19%	9	26%	16	20%	13	23%	6
	Total	100%	79	100%	103	100%	83	100%	47	100%	62	100%	66	100%	26

Table 8-3 Perpetrators of sexual harm in main and second sport by gender of respondent

		Total		Male		Female	
		%	n	%	n	%	n
Main sport	team mates/peers	88%	118	97%	60	81%	58
	coach/trainer	8%	11	5%	3	11%	8
	other adult in club	6%	8	3%	2	8%	6
	other	7%	9	5%	3	8%	6
	Total	100%	134	100%	62	100%	72
Second sport	team mates/peers	86%	49	100%	22	77%	27
	coach/trainer	9%	5	9%	2	9%	3
	other adult in club	11%	6	14%	3	9%	3
	other	9%	5	0%	0	14%	5
	Total	100%	57	100%	22	100%	35

Table 8-4 Perpetrators of sexual harm in main and second sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Main sport	team mates/peers	96%	25	71%	5	92%	24	63%	5	100%	6	83%	5	91%	21
	coach/trainer	0%	0	0%	0	8%	2	25%	2	0%	0	17%	1	9%	2
	other adult in club	4%	1	0%	0	8%	2	25%	2	0%	0	0%	0	4%	1
	other	4%	1	29%	2	8%	2	25%	2	0%	0	0%	0	4%	1
	Total	100%	26	100%	7	100%	26	100%	8	100%	6	100%	6	100%	23
Second sport	team mates/peers	63%	5	75%	3	100%	4	100%	2	100%	1	80%	4	100%	12
	coach/trainer	25%	2	0%	0	0%	0	0%	0	100%	1	0%	0	0%	0
	other adult in club	25%	2	0%	0	0%	0	0%	0	100%	1	40%	2	0%	0
	other	0%	0	25%	1	0%	0	0%	0	0%	0	0%	0	0%	0
	Total	100%	8	100%	4	100%	4	100%	2	100%	1	100%	5	100%	12

Table 8-5 Sexual harassment in main sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	1784	100%	284	100%	1500
	Never	60%	1065	67%	191	58%	874
	Once or twice	35%	626	27%	76	37%	550
	Regularly	5%	93	6%	17	5%	76
Being whistled or leered at	Total	100%	1784	100%	284	100%	1500
	Never	49%	883	72%	204	45%	679
	Once or twice	44%	787	25%	71	48%	716
	Regularly	6%	114	3%	9	7%	105
Having sexual comments made about your appearance etc	Total	100%	1784	100%	284	100%	1500
	Never	69%	1226	69%	197	69%	1029
	Once or twice	26%	466	24%	69	26%	397
	Regularly	5%	92	6%	18	5%	74
Having your space invaded	Total	100%	1784	100%	284	100%	1500
	Never	71%	1258	69%	197	71%	1061
	Once or twice	25%	450	26%	73	25%	377
	Regularly	4%	76	5%	14	4%	62
Physical contact that made you uncomfortable	Total	100%	1784	100%	284	100%	1500
	Never	88%	1575	87%	247	89%	1328
	Once or twice	10%	185	11%	31	10%	154
	Regularly	1%	24	2%	6	1%	18
Touched in instruction in a way that made you uncomfortable	Total	100%	1784	100%	284	100%	1500
	Never	95%	1687	95%	269	95%	1418
	Once or twice	5%	85	4%	12	5%	73
	Regularly	1%	12	1%	3	1%	9
Massage or rub that made you uncomfortable	Total	100%	1784	100%	284	100%	1500
	Never	98%	1752	97%	276	98%	1476
	Once or twice	1%	25	2%	7	1%	18
	Regularly	0%	7	0%	1	0%	6
Excessive phone calls at home that made you uncomfortable	Total	100%	1784	100%	284	100%	1500
	Never	99%	1763	99%	281	99%	1482
	Once or twice	1%	13	0%	1	1%	12
	Regularly	0%	8	1%	2	0%	6
Being sent letters/cards/emails/texts with a sexual content	Total	100%	1784	100%	284	100%	1500
	Never	98%	1740	98%	277	98%	1463
	Once or twice	2%	34	1%	4	2%	30
	Regularly	1%	10	1%	3	0%	7
Invitations to be alone with someone	Total	100%	1784	100%	284	100%	1500
	Never	98%	1741	98%	278	98%	1463
	Once or twice	2%	33	1%	4	2%	29
	Regularly	1%	10	1%	2	1%	8
Excessive compliments or criticism about your appearance	Total	100%	1784	100%	284	100%	1500
	Never	87%	1551	85%	242	87%	1309
	Once or twice	10%	173	11%	31	9%	142
	Regularly	3%	60	4%	11	3%	49
Excessive compliments or criticism about your performance	Total	100%	1784	100%	284	100%	1500
	Never	85%	1520	79%	223	86%	1297
	Once or twice	11%	201	16%	45	10%	156
	Regularly	4%	63	6%	16	3%	47
Inconsistent treatment	Total	100%	1784	100%	284	100%	1500
	Never	79%	1417	77%	218	80%	1199
	Once or twice	17%	304	20%	57	16%	247
	Regularly	4%	63	3%	9	4%	54

Table 8-6 Sexual harassment in second sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	1615	100%	257	100%	1358
	Never	75%	1213	81%	208	74%	1005
	Once or twice	22%	358	15%	39	23%	319
	Regularly	3%	44	4%	10	3%	34
Being whistled or leered at	Total	100%	1613	100%	257	100%	1356
	Never	72%	1163	86%	222	69%	941
	Once or twice	24%	394	12%	31	27%	363
	Regularly	3%	56	2%	4	4%	52
Having sexual comments made about your appearance etc	Total	100%	1613	100%	257	100%	1356
	Never	84%	1350	83%	214	84%	1136
	Once or twice	14%	226	14%	36	14%	190
	Regularly	2%	37	3%	7	2%	30
Having your space invaded	Total	100%	1612	100%	257	100%	1355
	Never	86%	1393	84%	217	87%	1176
	Once or twice	12%	187	13%	33	11%	154
	Regularly	2%	32	3%	7	2%	25
Physical contact that made you uncomfortable	Total	100%	1613	100%	257	100%	1356
	Never	93%	1506	92%	237	94%	1269
	Once or twice	6%	96	7%	18	6%	78
	Regularly	1%	11	1%	2	1%	9
Touched in instruction in a way that made you uncomfortable	Total	100%	1613	100%	257	100%	1356
	Never	97%	1565	95%	245	97%	1320
	Once or twice	3%	42	4%	10	2%	32
	Regularly	0%	6	1%	2	0%	4
Massage or rub that made you uncomfortable	Total	100%	1613	100%	257	100%	1356
	Never	99%	1592	99%	254	99%	1338
	Once or twice	1%	17	1%	2	1%	15
	Regularly	0%	4	0%	1	0%	3
Excessive phone calls at home that made you uncomfortable	Total	100%	1613	100%	257	100%	1356
	Never	100%	1606	99%	254	100%	1352
	Once or twice	0%	5	1%	2	0%	3
	Regularly	0%	2	0%	1	0%	1
Being sent letters/cards/emails/texts with a sexual content	Total	100%	1613	100%	257	100%	1356
	Never	99%	1594	98%	252	99%	1342
	Once or twice	1%	13	1%	3	1%	10
	Regularly	0%	6	1%	2	0%	4
Invitations to be alone with someone	Total	100%	1613	100%	257	100%	1356
	Never	99%	1592	99%	254	99%	1338
	Once or twice	1%	17	1%	2	1%	15
	Regularly	0%	4	0%	1	0%	3
Excessive compliments or criticism about your appearance	Total	100%	1614	100%	257	100%	1357
	Never	92%	1482	91%	235	92%	1247
	Once or twice	6%	98	6%	16	6%	82
	Regularly	2%	34	2%	6	2%	28
Excessive compliments or criticism about your performance	Total	100%	1613	100%	257	100%	1356
	Never	91%	1470	88%	225	92%	1245
	Once or twice	7%	109	8%	21	6%	88
	Regularly	2%	34	4%	11	2%	23
Inconsistent treatment	Total	100%	1612	100%	256	100%	1356
	Never	88%	1423	85%	218	89%	1205
	Once or twice	10%	159	13%	34	9%	125
	Regularly	2%	30	2%	4	2%	26

Table 8-7 Sexual harassment in main sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	60%	1081	62%	262	65%	356	56%	314	57%	127	43%	22
	Once or twice	35%	632	34%	142	31%	171	38%	214	35%	78	53%	27
	Regularly	5%	93	4%	18	4%	24	6%	33	7%	16	4%	2
Being whistled or leered at	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	50%	896	58%	244	50%	278	45%	253	45%	100	41%	21
	Once or twice	44%	796	38%	161	45%	246	47%	265	44%	98	51%	26
	Regularly	6%	114	4%	17	5%	27	8%	43	10%	23	8%	4
Having sexual comments made about your appearance etc	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	69%	1241	74%	311	71%	391	66%	370	62%	138	61%	31
	Once or twice	26%	472	23%	95	25%	136	28%	159	29%	65	33%	17
	Regularly	5%	93	4%	16	4%	24	6%	32	8%	18	6%	3
Having your space invaded	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	71%	1275	67%	283	71%	393	73%	408	69%	152	76%	39
	Once or twice	25%	455	29%	124	25%	138	23%	129	24%	54	20%	10
	Regularly	4%	76	4%	15	4%	20	4%	24	7%	15	4%	2
Physical contact that made you uncomfortable	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	88%	1596	90%	380	89%	492	88%	494	84%	186	86%	44
	Once or twice	10%	186	8%	35	10%	56	10%	58	14%	32	10%	5
	Regularly	1%	24	2%	7	1%	3	2%	9	1%	3	4%	2
Touched in instruction in a way that made you uncomfortable	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	95%	1709	94%	397	96%	530	94%	529	94%	207	90%	46
	Once or twice	5%	85	5%	23	3%	19	5%	26	6%	13	8%	4
	Regularly	1%	12	0%	2	0%	2	1%	6	0%	1	2%	1
Massage or rub that made you uncomfortable	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	98%	1774	98%	414	99%	545	99%	553	97%	214	94%	48
	Once or twice	1%	25	1%	6	1%	5	1%	6	3%	6	4%	2
	Regularly	0%	7	0%	2	0%	1	0%	2	0%	1	2%	1
Excessive phone calls at home that made you uncomfortable	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	99%	1785	99%	418	99%	548	99%	553	97%	215	100%	51
	Once or twice	1%	13	1%	3	0%	2	1%	5	1%	3	0%	0
	Regularly	0%	8	0%	1	0%	1	1%	3	1%	3	0%	0
Being sent letters/cards/emails/texts with a sexual content	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	98%	1762	99%	417	98%	539	98%	549	94%	208	96%	49
	Once or twice	2%	34	1%	4	2%	10	1%	8	5%	10	4%	2
	Regularly	1%	10	0%	1	0%	2	1%	4	1%	3	0%	0
Invitations to be alone with someone	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	98%	1763	98%	415	99%	543	97%	545	95%	211	96%	49
	Once or twice	2%	33	1%	6	1%	4	2%	13	4%	8	4%	2
	Regularly	1%	10	0%	1	1%	4	1%	3	1%	2	0%	0
Excessive compliments or criticism about your appearance	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	87%	1569	87%	369	87%	482	88%	496	83%	183	76%	39
	Once or twice	10%	176	9%	39	9%	52	9%	51	11%	25	18%	9
	Regularly	3%	61	3%	14	3%	17	2%	14	6%	13	6%	3
Excessive compliments or criticism about your performance	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	85%	1538	86%	361	86%	474	87%	486	80%	177	78%	40
	Once or twice	11%	204	11%	45	12%	65	10%	55	15%	33	12%	6
	Regularly	4%	64	4%	16	2%	12	4%	20	5%	11	10%	5
Inconsistent treatment	Total	100%	1806	100%	422	100%	551	100%	561	100%	221	100%	51
	Never	80%	1437	77%	325	79%	436	81%	457	80%	176	84%	43
	Once or twice	17%	305	19%	79	17%	96	16%	90	16%	35	10%	5
	Regularly	4%	64	4%	18	3%	19	2%	14	5%	10	6%	3

Table 8-8 Sexual harassment in second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	1599	100%	603	100%	570	100%	336	100%	81	100%	9
	Never	75%	1203	77%	466	75%	426	75%	251	68%	55	56%	5
	Once or twice	22%	353	21%	126	22%	124	23%	78	26%	21	44%	4
	Regularly	3%	43	2%	11	4%	20	2%	7	6%	5	0%	0
Being whistled or leered at	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	72%	1149	80%	479	68%	385	68%	228	64%	52	56%	5
	Once or twice	25%	394	18%	111	28%	157	28%	93	36%	29	44%	4
	Regularly	3%	55	2%	12	5%	28	4%	15	0%	0	0%	0
Having sexual comments made about your appearance etc	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	84%	1337	86%	517	84%	478	82%	274	78%	63	56%	5
	Once or twice	14%	225	12%	71	14%	80	16%	54	20%	16	44%	4
	Regularly	2%	36	2%	14	2%	12	2%	8	2%	2	0%	0
Having your space invaded	Total	100%	1597	100%	602	100%	569	100%	336	100%	81	100%	9
	Never	86%	1374	86%	515	86%	489	87%	292	88%	71	78%	7
	Once or twice	12%	191	12%	74	12%	68	11%	38	11%	9	22%	2
	Regularly	2%	32	2%	13	2%	12	2%	6	1%	1	0%	0
Physical contact that made you uncomfortable	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	93%	1492	93%	561	94%	535	92%	310	98%	79	78%	7
	Once or twice	6%	96	6%	35	5%	31	8%	26	2%	2	22%	2
	Regularly	1%	10	1%	6	1%	4	0%	0	0%	0	0%	0
Touched in instruction in a way that made you uncomfortable	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	97%	1551	97%	582	97%	554	98%	328	99%	80	78%	7
	Once or twice	3%	41	3%	17	2%	14	2%	7	1%	1	22%	2
	Regularly	0%	6	0%	3	0%	2	0%	1	0%	0	0%	0
Massage or rub that made you uncomfortable	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	99%	1577	98%	591	99%	566	99%	331	100%	81	89%	8
	Once or twice	1%	17	1%	8	1%	4	1%	4	0%	0	11%	1
	Regularly	0%	4	0%	3	0%	0	0%	1	0%	0	0%	0
Excessive phone calls at home that made you uncomfortable	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	100%	1591	100%	600	100%	568	99%	333	100%	81	100%	9
	Once or twice	0%	5	0%	1	0%	2	1%	2	0%	0	0%	0
	Regularly	0%	2	0%	1	0%	0	0%	1	0%	0	0%	0
Being sent letters/cards/emails/texts with a sexual content	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	99%	1580	99%	595	99%	565	99%	332	98%	79	100%	9
	Once or twice	1%	13	1%	5	1%	5	0%	1	2%	2	0%	0
	Regularly	0%	5	0%	2	0%	0	1%	3	0%	0	0%	0
Invitations to be alone with someone	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	99%	1578	99%	594	99%	564	99%	332	98%	79	100%	9
	Once or twice	1%	16	1%	6	1%	5	1%	3	2%	2	0%	0
	Regularly	0%	4	0%	2	0%	1	0%	1	0%	0	0%	0
Excessive compliments or criticism about your appearance	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	92%	1469	93%	557	93%	530	90%	304	86%	70	89%	8
	Once or twice	6%	97	6%	35	5%	30	7%	22	11%	9	11%	1
	Regularly	2%	32	2%	10	2%	10	3%	10	2%	2	0%	0
Excessive compliments or criticism about your performance	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	91%	1458	93%	560	92%	522	89%	298	86%	70	89%	8
	Once or twice	7%	108	6%	35	6%	35	9%	29	10%	8	11%	1
	Regularly	2%	32	1%	7	2%	13	3%	9	4%	3	0%	0
Inconsistent treatment	Total	100%	1598	100%	602	100%	570	100%	336	100%	81	100%	9
	Never	88%	1408	88%	529	89%	507	87%	293	88%	71	89%	8
	Once or twice	10%	159	11%	65	9%	51	10%	35	9%	7	11%	1
	Regularly	2%	31	1%	8	2%	12	2%	8	4%	3	0%	0

Table 8-9 Sexual harassment in main sport by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	62%	167	68%	154	42%	86	82%	160	61%	84	67%	66	60%	44
	Once or twice	36%	98	28%	64	46%	95	17%	33	35%	48	29%	29	26%	19
	Regularly	1%	4	3%	7	12%	24	2%	3	4%	5	4%	4	14%	10
Being whistled or leered at	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	49%	131	25%	57	63%	130	57%	112	33%	45	28%	28	58%	42
	Once or twice	47%	126	62%	139	31%	63	38%	74	61%	84	67%	66	36%	26
	Regularly	4%	12	13%	29	6%	12	5%	10	6%	8	5%	5	7%	5
Having sexual comments made about your appearance etc	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	66%	178	65%	146	73%	149	75%	147	68%	93	67%	66	62%	45
	Once or twice	30%	81	28%	64	21%	44	21%	42	28%	39	29%	29	30%	22
	Regularly	4%	10	7%	15	6%	12	4%	7	4%	5	4%	4	8%	6
Having your space invaded	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	68%	184	67%	151	72%	147	71%	140	77%	105	78%	77	63%	46
	Once or twice	29%	77	29%	65	24%	50	26%	51	19%	26	21%	21	25%	18
	Regularly	3%	8	4%	9	4%	8	3%	5	4%	6	1%	1	12%	9
Physical contact that made you uncomfortable	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	88%	236	92%	206	91%	187	88%	172	90%	123	91%	90	79%	58
	Once or twice	10%	28	8%	17	8%	16	12%	23	9%	12	8%	8	16%	12
	Regularly	2%	5	1%	2	1%	2	1%	1	1%	2	1%	1	4%	3
Touched in instruction in a way that made you uncomfortable	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	95%	255	97%	218	99%	202	93%	183	96%	132	96%	95	96%	70
	Once or twice	5%	13	3%	6	1%	2	6%	12	2%	3	4%	4	3%	2
	Regularly	0%	1	0%	1	0%	1	1%	1	1%	2	0%	0	1%	1
Massage or rub that made you uncomfortable	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	99%	266	98%	221	98%	200	98%	192	100%	137	100%	99	95%	69
	Once or twice	1%	3	1%	2	1%	3	2%	3	0%	0	0%	0	5%	4
	Regularly	0%	0	1%	2	1%	2	1%	1	0%	0	0%	0	0%	0
Excessive phone calls at home that made you uncomfortable	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	99%	267	100%	224	99%	202	99%	194	99%	136	100%	99	99%	72
	Once or twice	0%	1	0%	0	1%	2	1%	2	1%	1	0%	0	1%	1
	Regularly	0%	1	0%	1	0%	1	0%	0	0%	0	0%	0	0%	0
Being sent letters/cards/emails/texts with a sexual content	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	96%	258	98%	220	98%	201	99%	195	100%	137	98%	97	99%	72
	Once or twice	4%	10	2%	4	1%	2	0%	0	0%	0	2%	2	1%	1
	Regularly	0%	1	0%	1	1%	2	1%	1	0%	0	0%	0	0%	0
Invitations to be alone with someone	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	96%	259	100%	224	97%	199	99%	195	99%	135	98%	97	97%	71
	Once or twice	3%	9	0%	0	2%	4	0%	0	1%	2	2%	2	3%	2
	Regularly	0%	1	0%	1	1%	2	1%	1	0%	0	0%	0	0%	0
Excessive compliments or criticism about your appearance	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	87%	233	88%	198	87%	178	89%	175	88%	121	88%	87	88%	64
	Once or twice	9%	25	10%	23	9%	18	9%	18	9%	13	10%	10	8%	6
	Regularly	4%	11	2%	4	4%	9	2%	3	2%	3	2%	2	4%	3
Excessive compliments or criticism about your performance	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	85%	229	90%	202	78%	160	84%	165	86%	118	90%	89	79%	58
	Once or twice	13%	34	7%	16	17%	34	11%	22	10%	14	7%	7	14%	10
	Regularly	2%	6	3%	7	5%	11	5%	9	4%	5	3%	3	7%	5
Inconsistent treatment	Total	100%	269	100%	225	100%	205	100%	196	100%	137	100%	99	100%	73
	Never	80%	215	79%	177	78%	159	75%	147	78%	107	86%	85	86%	63
	Once or twice	18%	48	17%	38	19%	38	19%	37	20%	28	13%	13	8%	6
	Regularly	2%	6	4%	10	4%	8	6%	12	1%	2	1%	1	5%	4



Table 8-10 Sexual harassment in second sport by second sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being subject to sexist jokes	Total	100%	193	100%	215	100%	137	100%	106	100%	117	100%	135	100%	37
	Never	80%	154	88%	189	57%	78	85%	90	68%	80	75%	101	57%	21
	Once or twice	19%	36	11%	24	35%	48	14%	15	28%	33	24%	33	32%	12
	Regularly	2%	3	1%	2	8%	11	1%	1	3%	4	1%	1	11%	4
Being whistled or leered at	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	76%	146	61%	131	64%	88	73%	77	56%	66	67%	91	73%	27
	Once or twice	22%	42	35%	76	34%	46	21%	22	38%	44	30%	40	19%	7
	Regularly	3%	5	4%	8	2%	3	6%	6	6%	7	3%	4	8%	3
Having sexual comments made about your appearance etc	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	85%	165	84%	181	81%	111	82%	86	77%	90	78%	105	76%	28
	Once or twice	13%	25	14%	30	16%	22	15%	16	21%	24	19%	26	14%	5
	Regularly	2%	3	2%	4	3%	4	3%	3	3%	3	3%	4	11%	4
Having your space invaded	Total	100%	193	100%	215	100%	137	100%	105	100%	116	100%	135	100%	37
	Never	89%	172	87%	186	79%	108	81%	85	91%	106	87%	118	68%	25
	Once or twice	9%	17	13%	27	18%	25	16%	17	8%	9	11%	15	22%	8
	Regularly	2%	4	1%	2	3%	4	3%	3	1%	1	1%	2	11%	4
Physical contact that made you uncomfortable	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	92%	177	96%	207	95%	130	93%	98	93%	109	90%	121	81%	30
	Once or twice	7%	13	4%	8	4%	6	7%	7	7%	8	10%	13	16%	6
	Regularly	2%	3	0%	0	1%	1	0%	0	0%	0	1%	1	3%	1
Touched in instruction in a way that made you uncomfortable	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	98%	190	100%	214	97%	133	96%	101	98%	115	94%	127	84%	31
	Once or twice	1%	2	0%	1	2%	3	4%	4	2%	2	6%	8	16%	6
	Regularly	1%	1	0%	0	1%	1	0%	0	0%	0	0%	0	0%	0
Massage or rub that made you uncomfortable	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	99%	192	99%	213	99%	135	97%	102	100%	117	98%	132	97%	36
	Once or twice	1%	1	0%	1	1%	2	3%	3	0%	0	1%	2	3%	1
	Regularly	0%	0	0%	1	0%	0	0%	0	0%	0	1%	1	0%	0
Excessive phone calls at home that made you uncomfortable	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	100%	193	100%	215	99%	136	100%	105	100%	117	100%	135	100%	37
	Once or twice	0%	0	0%	0	1%	1	0%	0	0%	0	0%	0	0%	0
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0
Being sent letters/cards/emails/texts with a sexual content	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	99%	191	100%	215	98%	134	100%	105	99%	116	99%	134	97%	36
	Once or twice	1%	2	0%	0	2%	3	0%	0	1%	1	0%	0	0%	0
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	1%	1	3%	1
Invitations to be alone with someone	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	99%	192	100%	214	100%	137	99%	104	100%	117	99%	133	97%	36
	Once or twice	1%	1	0%	1	0%	0	1%	1	0%	0	1%	1	3%	1
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	1%	1	0%	0
Excessive compliments or criticism about your appearance	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	89%	171	94%	202	89%	122	91%	96	93%	109	93%	125	84%	31
	Once or twice	10%	19	4%	9	8%	11	7%	7	5%	6	5%	7	8%	3
	Regularly	2%	3	2%	4	3%	4	2%	2	2%	2	2%	3	8%	3
Excessive compliments or criticism about your performance	Total	100%	193	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	90%	173	92%	198	87%	119	90%	95	92%	108	90%	122	81%	30
	Once or twice	7%	14	6%	13	8%	11	10%	10	3%	4	8%	11	16%	6
	Regularly	3%	6	2%	4	5%	7	0%	0	4%	5	1%	2	3%	1
Inconsistent treatment	Total	100%	192	100%	215	100%	137	100%	105	100%	117	100%	135	100%	37
	Never	91%	174	86%	184	87%	119	87%	91	88%	103	85%	115	86%	32
	Once or twice	6%	12	13%	29	10%	14	10%	11	9%	10	13%	17	14%	5
	Regularly	3%	6	1%	2	3%	4	3%	3	3%	4	2%	3	0%	0



Table 8-11 Sexual harm in main sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being forced to kiss someone	Total	100%	170	100%	77	100%	93
	Never	79%	135	82%	63	77%	72
	Once or twice	18%	30	17%	13	18%	17
	Regularly	3%	5	1%	1	4%	4
Having someone expose themselves to you	Total	100%	171	100%	77	100%	94
	Once or twice	59%	101	66%	51	53%	50
	Never	33%	57	25%	19	40%	38
	Regularly	8%	13	9%	7	6%	6
Being touched sexually against your will	Total	100%	169	100%	76	100%	93
	Never	86%	146	96%	73	78%	73
	Once or twice	10%	17	3%	2	16%	15
	Regularly	4%	6	1%	1	5%	5
Someone trying to have sex with you against your will	Total	100%	171	100%	77	100%	94
	Never	94%	161	97%	75	91%	86
	Regularly	3%	5	1%	1	4%	4
	Once or twice	3%	5	1%	1	4%	4
Being forced to have penetrative sex	Total	100%	169	100%	75	100%	94
	Never	96%	162	99%	74	94%	88
	Regularly	4%	6	1%	1	5%	5
	Once or twice	1%	1	0%	0	1%	1

Table 8-12 Sexual harm in second sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being forced to kiss someone	Total	100%	154	100%	70	100%	84
	Never	86%	132	89%	62	83%	70
	Once or twice	13%	20	10%	7	15%	13
	Regularly	1%	2	1%	1	1%	1
Having someone expose themselves to you	Total	100%	154	100%	70	100%	84
	Never	71%	109	69%	48	73%	61
	Once or twice	25%	39	24%	17	26%	22
	Regularly	4%	6	7%	5	1%	1
Being touched sexually against your will	Total	100%	154	100%	70	100%	84
	Never	90%	138	94%	66	86%	72
	Once or twice	10%	15	6%	4	13%	11
	Regularly	1%	1	0%	0	1%	1
Someone trying to have sex with you against your will	Total	100%	154	100%	70	100%	84
	Never	96%	148	99%	69	94%	79
	Once or twice	3%	4	0%	0	5%	4
	Regularly	1%	2	1%	1	1%	1
Being forced to have penetrative sex	Total	100%	154	100%	70	100%	84
	Never	98%	151	99%	69	98%	82
	Once or twice	1%	2	1%	1	1%	1
	Regularly	1%	1	0%	0	1%	1

Table 8-13 Sexual harm in main sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being forced to kiss someone	<b>Total</b>	100%	173	100%	39	100%	55	100%	50	100%	23	100%	6
	<b>Never</b>	80%	138	85%	33	82%	45	84%	42	70%	16	33%	2
	<b>Once or twice</b>	17%	30	10%	4	16%	9	16%	8	26%	6	50%	3
	<b>Regularly</b>	3%	5	5%	2	2%	1	0%	0	4%	1	17%	1
Having someone expose themselves to you	<b>Total</b>	100%	174	100%	39	100%	55	100%	50	100%	24	100%	6
	<b>Once or twice</b>	59%	103	56%	22	60%	33	70%	35	50%	12	17%	1
	<b>Never</b>	33%	58	38%	15	33%	18	26%	13	38%	9	50%	3
	<b>Regularly</b>	7%	13	5%	2	7%	4	4%	2	13%	3	33%	2
Being touched sexually against your will	<b>Total</b>	100%	172	100%	39	100%	54	100%	50	100%	23	100%	6
	<b>Never</b>	87%	149	87%	34	85%	46	92%	46	78%	18	83%	5
	<b>Once or twice</b>	10%	17	8%	3	13%	7	6%	3	17%	4	0%	0
	<b>Regularly</b>	3%	6	5%	2	2%	1	2%	1	4%	1	17%	1
Someone trying to have sex with you against your will	<b>Total</b>	100%	174	100%	39	100%	55	100%	50	100%	24	100%	6
	<b>Never</b>	94%	164	92%	36	96%	53	98%	49	92%	22	67%	4
	<b>Regularly</b>	3%	5	5%	2	0%	0	2%	1	4%	1	17%	1
	<b>Once or twice</b>	3%	5	3%	1	4%	2	0%	0	4%	1	17%	1
Being forced to have penetrative sex	<b>Total</b>	100%	172	100%	39	100%	54	100%	50	100%	24	100%	5
	<b>Never</b>	96%	165	95%	37	96%	52	98%	49	96%	23	80%	4
	<b>Regularly</b>	3%	6	5%	2	2%	1	2%	1	4%	1	20%	1
	<b>Once or twice</b>	1%	1	0%	0	2%	1	0%	0	0%	0	0%	0

Table 8-14 Sexual harm in second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being forced to kiss someone	Total	100%	153	100%	57	100%	49	100%	37	100%	10	0%	0
	Never	86%	131	82%	47	86%	42	89%	33	90%	9	0%	0
	Once or twice	14%	21	18%	10	14%	7	11%	4	0%	0	0%	0
	Regularly	1%	1	0%	0	0%	0	0%	0	10%	1	0%	0
Having someone expose themselves to you	Total	100%	153	100%	57	100%	49	100%	37	100%	10	0%	0
	Never	71%	109	67%	38	65%	32	81%	30	90%	9	0%	0
	Once or twice	25%	38	30%	17	31%	15	16%	6	0%	0	0%	0
	Regularly	4%	6	4%	2	4%	2	3%	1	10%	1	0%	0
Being touched sexually against your will	Total	100%	153	100%	57	100%	49	100%	37	100%	10	0%	0
	Never	90%	138	89%	51	92%	45	92%	34	80%	8	0%	0
	Once or twice	9%	14	9%	5	8%	4	8%	3	20%	2	0%	0
	Regularly	1%	1	2%	1	0%	0	0%	0	0%	0	0%	0
Someone trying to have sex with you against your will	Total	100%	153	100%	57	100%	49	100%	37	100%	10	0%	0
	Never	97%	148	96%	55	98%	48	95%	35	100%	10	0%	0
	Once or twice	2%	3	2%	1	2%	1	3%	1	0%	0	0%	0
	Regularly	1%	2	2%	1	0%	0	3%	1	0%	0	0%	0
Being forced to have penetrative sex	Total	100%	153	100%	57	100%	49	100%	37	100%	10	0%	0
	Never	98%	150	96%	55	100%	49	97%	36	100%	10	0%	0
	Once or twice	1%	2	2%	1	0%	0	3%	1	0%	0	0%	0
	Regularly	1%	1	2%	1	0%	0	0%	0	0%	0	0%	0

Table 8-15 Sexual harm in main sport by main sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being forced to kiss someone	Total	100%	30	100%	10	100%	28	100%	8	100%	11	100%	6	100%	25
	Never	83%	25	80%	8	86%	24	50%	4	91%	10	83%	5	84%	21
	Once or twice	13%	4	20%	2	7%	2	50%	4	9%	1	17%	1	16%	4
	Regularly	3%	1	0%	0	7%	2	0%	0	0%	0	0%	0	0%	0
Having someone expose themselves to you	Total	100%	30	100%	10	100%	28	100%	9	100%	11	100%	6	100%	25
	Once or twice	73%	22	60%	6	82%	23	22%	2	45%	5	67%	4	72%	18
	Never	17%	5	40%	4	11%	3	67%	6	55%	6	17%	1	12%	3
	Regularly	10%	3	0%	0	7%	2	11%	1	0%	0	17%	1	16%	4
Being touched sexually against your will	Total	100%	30	100%	10	100%	28	100%	8	100%	11	100%	6	100%	24
	Never	87%	26	90%	9	86%	24	50%	4	82%	9	83%	5	96%	23
	Once or twice	10%	3	10%	1	7%	2	38%	3	18%	2	17%	1	4%	1
	Regularly	3%	1	0%	0	7%	2	13%	1	0%	0	0%	0	0%	0
Someone trying to have sex with you against your will	Total	100%	30	100%	10	100%	28	100%	9	100%	11	100%	6	100%	25
	Never	90%	27	100%	10	93%	26	78%	7	100%	11	100%	6	100%	25
	Regularly	3%	1	0%	0	7%	2	11%	1	0%	0	0%	0	0%	0
	Once or twice	7%	2	0%	0	0%	0	11%	1	0%	0	0%	0	0%	0
Being forced to have penetrative sex	Total	100%	30	100%	10	100%	27	100%	9	100%	11	100%	6	100%	25
	Never	97%	29	100%	10	93%	25	78%	7	100%	11	100%	6	100%	25
	Regularly	3%	1	0%	0	7%	2	11%	1	0%	0	0%	0	0%	0
	Once or twice	0%	0	0%	0	0%	0	11%	1	0%	0	0%	0	0%	0

Table 8-16 Sexual harm in second sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being forced to kiss someone	Total	100%	17	100%	9	100%	14	100%	9	100%	5	100%	12	100%	14
	Never	94%	16	89%	8	79%	11	89%	8	100%	5	83%	10	71%	10
	Once or twice	6%	1	11%	1	21%	3	11%	1	0%	0	17%	2	14%	2
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	14%	2
Having someone expose themselves to you	Total	100%	17	100%	9	100%	14	100%	9	100%	5	100%	12	100%	14
	Never	65%	11	67%	6	79%	11	89%	8	80%	4	58%	7	29%	4
	Once or twice	35%	6	33%	3	21%	3	11%	1	0%	0	33%	4	57%	8
	Regularly	0%	0	0%	0	0%	0	0%	0	20%	1	8%	1	14%	2
Being touched sexually against your will	Total	100%	17	100%	9	100%	14	100%	9	100%	5	100%	12	100%	14
	Never	88%	15	100%	9	93%	13	78%	7	100%	5	92%	11	79%	11
	Once or twice	12%	2	0%	0	7%	1	22%	2	0%	0	0%	0	21%	3
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	8%	1	0%	0
Someone trying to have sex with you against your will	Total	100%	17	100%	9	100%	14	100%	9	100%	5	100%	12	100%	14
	Never	100%	17	100%	9	100%	14	100%	9	100%	5	92%	11	93%	13
	Once or twice	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	7%	1
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	8%	1	0%	0
Being forced to have penetrative sex	Total	100%	17	100%	9	100%	14	100%	9	100%	5	100%	12	100%	14
	Never	100%	17	100%	9	100%	14	100%	9	100%	5	92%	11	100%	14
	Once or twice	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0
	Regularly	0%	0	0%	0	0%	0	0%	0	0%	0	8%	1	0%	0

## 9 PHYSICAL HARM

The base for tables in this section is respondents reporting physical harm in either their main or second sport

Table 9-1 Perpetrators of physical harm in main and second sport by gender of respondent

		Total		Male		Female	
		%	n	%	n	%	n
<b>Main sport</b>	<b>team mates/peers</b>	62%	681	71%	236	58%	445
	<b>coach/trainer</b>	37%	413	28%	95	41%	318
	<b>other adult in club</b>	3%	32	4%	12	3%	20
	<b>other</b>	11%	121	11%	38	11%	83
	<b>Total</b>	100%	1106	100%	334	100%	772
<b>Second sport</b>	<b>team mates/peers</b>	67%	394	74%	118	65%	276
	<b>coach/trainer</b>	31%	182	26%	41	33%	141
	<b>other adult in club</b>	3%	15	1%	2	3%	13
	<b>other</b>	10%	56	10%	16	9%	40
	<b>Total</b>	100%	586	100%	160	100%	426

Table 9-2 Perpetrators of physical harm in main and second sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
<b>Main sport</b>	<b>team mates/peers</b>	45%	53	67%	120	68%	135	29%	28	71%	70	47%	17	77%	68
	<b>coach/trainer</b>	58%	69	23%	41	22%	44	73%	70	19%	19	50%	18	23%	20
	<b>other adult in club</b>	3%	4	1%	1	3%	5	1%	1	2%	2	3%	1	1%	1
	<b>other</b>	7%	8	17%	30	19%	38	7%	7	17%	17	8%	3	11%	10
	<b>Total</b>	100%	118	100%	178	100%	199	100%	96	100%	98	100%	36	100%	88
<b>Second sport</b>	<b>team mates/peers</b>	36%	18	77%	88	83%	60	43%	12	76%	38	46%	16	79%	31
	<b>coach/trainer</b>	60%	30	21%	24	11%	8	64%	18	28%	14	51%	18	23%	9
	<b>other adult in club</b>	8%	4	0%	0	0%	0	0%	0	0%	0	6%	2	3%	1
	<b>other</b>	8%	4	9%	10	14%	10	4%	1	6%	3	14%	5	13%	5
	<b>Total</b>	100%	50	100%	115	100%	72	100%	28	100%	50	100%	35	100%	39

Table 9-3 Physical harm in main sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being forced to train when injured/ exhausted	Total	100%	1433	100%	425	100%	1008
	Never	45%	650	49%	210	44%	440
	Once or twice	46%	664	44%	185	48%	479
	Regularly	8%	119	7%	30	9%	89
Being shoved	Total	100%	1433	100%	425	100%	1008
	Never	60%	862	52%	220	64%	642
	Once or twice	31%	449	36%	155	29%	294
	Regularly	9%	122	12%	50	7%	72
Being shaken	Total	100%	1433	100%	425	100%	1008
	Never	91%	1297	84%	356	93%	941
	Once or twice	6%	93	11%	48	4%	45
	Regularly	3%	43	5%	21	2%	22
Being thrown about	Total	100%	1433	100%	425	100%	1008
	Never	87%	1242	78%	331	90%	911
	Once or twice	9%	124	15%	63	6%	61
	Regularly	5%	67	7%	31	4%	36
Being knocked down	Total	100%	1433	100%	425	100%	1008
	Never	72%	1032	65%	275	75%	757
	Once or twice	21%	304	24%	103	20%	201
	Regularly	7%	97	11%	47	5%	50
Having something thrown at you	Total	100%	1433	100%	425	100%	1008
	Never	81%	1162	79%	335	82%	827
	Once or twice	15%	216	16%	70	14%	146
	Regularly	4%	55	5%	20	3%	35
Being forcefully restrained	Total	100%	1433	100%	425	100%	1008
	Never	94%	1348	90%	383	96%	965
	Once or twice	3%	41	6%	24	2%	17
	Regularly	3%	44	4%	18	3%	26
q09.2h:{Q2.6} Being hit with an open hand	Total	100%	1433	100%	425	100%	1008
	Never	93%	1333	89%	378	95%	955
	Once or twice	4%	60	7%	31	3%	29
	Regularly	3%	40	4%	16	2%	24
Being hit with a fist	Total	100%	1433	100%	425	100%	1008
	Never	91%	1308	83%	354	95%	954
	Once or twice	6%	80	12%	53	3%	27
	Regularly	3%	45	4%	18	3%	27
Being hit with an implement	Total	100%	1433	100%	425	100%	1008
	Never	91%	1302	90%	384	91%	918
	Once or twice	6%	89	8%	32	6%	57
	Regularly	3%	42	2%	9	3%	33
Being choked (grabbed around neck)	Total	100%	1433	100%	425	100%	1008
	Never	96%	1377	93%	397	97%	980
	Once or twice	2%	27	5%	20	1%	7
	Regularly	2%	29	2%	8	2%	21
Being beaten up	Total	100%	1433	100%	425	100%	1008
	Never	96%	1380	95%	402	97%	978
	Once or twice	2%	27	4%	17	1%	10
	Regularly	2%	26	1%	6	2%	20

Table 9-4 Physical harm in second sport by gender

		Total		Male		Female	
		%	n	%	n	%	n
Being forced to train when injured/ exhausted	Total	100%	1293	100%	385	100%	908
	Never	68%	880	72%	278	66%	602
	Once or twice	26%	336	22%	86	28%	250
	Regularly	6%	77	5%	21	6%	56
Being shoved	Total	100%	1293	100%	385	100%	908
	Never	75%	967	75%	290	75%	677
	Once or twice	20%	260	18%	69	21%	191
	Regularly	5%	66	7%	26	4%	40
Being shaken	Total	100%	1292	100%	385	100%	907
	Never	94%	1209	91%	352	94%	857
	Once or twice	4%	55	7%	26	3%	29
	Regularly	2%	28	2%	7	2%	21
Being thrown about	Total	100%	1293	100%	385	100%	908
	Never	91%	1179	89%	341	92%	838
	Once or twice	5%	70	6%	25	5%	45
	Regularly	3%	44	5%	19	3%	25
Being knocked down	Total	100%	1293	100%	385	100%	908
	Never	84%	1084	82%	314	85%	770
	Once or twice	12%	155	12%	47	12%	108
	Regularly	4%	54	6%	24	3%	30
Having something thrown at you	Total	100%	1293	100%	385	100%	908
	Never	89%	1154	89%	343	89%	811
	Once or twice	8%	99	9%	33	7%	66
	Regularly	3%	40	2%	9	3%	31
Being forcefully restrained	Total	100%	1292	100%	384	100%	908
	Never	96%	1241	95%	363	97%	878
	Once or twice	1%	19	3%	10	1%	9
	Regularly	2%	32	3%	11	2%	21
Being hit with an open hand	Total	100%	1292	100%	385	100%	907
	Never	95%	1227	94%	360	96%	867
	Once or twice	3%	38	5%	18	2%	20
	Regularly	2%	27	2%	7	2%	20
Being hit with a fist	Total	100%	1293	100%	385	100%	908
	Never	95%	1228	92%	354	96%	874
	Once or twice	3%	35	6%	23	1%	12
	Regularly	2%	30	2%	8	2%	22
Being hit with an implement	Total	100%	1293	100%	385	100%	908
	Never	94%	1210	93%	358	94%	852
	Once or twice	4%	55	6%	22	4%	33
	Regularly	2%	28	1%	5	3%	23
Being choked (grabbed around neck)	Total	100%	1292	100%	385	100%	907
	Never	97%	1257	97%	373	97%	884
	Once or twice	1%	9	1%	5	0%	4
	Regularly	2%	26	2%	7	2%	19
Being beaten up	Total	100%	1293	100%	385	100%	908
	Never	97%	1248	96%	370	97%	878
	Once or twice	2%	22	3%	11	1%	11
	Regularly	2%	23	1%	4	2%	19

Table 9-5 Physical harm in main sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being forced to train when injured/exhausted	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	46%	658	60%	195	53%	241	40%	182	21%	37	8%	3
	Once or twice	46%	667	34%	111	42%	192	50%	227	65%	114	62%	23
	Regularly	8%	120	6%	18	5%	22	10%	44	14%	25	30%	11
Being shoved	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	60%	867	55%	179	51%	233	62%	282	80%	140	89%	33
	Once or twice	31%	454	34%	110	40%	183	30%	134	15%	26	3%	1
	Regularly	9%	124	11%	35	9%	39	8%	37	6%	10	8%	3
Being shaken	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	90%	1305	89%	289	90%	408	91%	411	94%	165	86%	32
	Once or twice	7%	96	6%	20	8%	35	7%	30	5%	9	5%	2
	Regularly	3%	44	5%	15	3%	12	3%	12	1%	2	8%	3
Being thrown about	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	87%	1252	86%	280	85%	387	89%	401	88%	155	78%	29
	Once or twice	9%	125	9%	30	11%	50	7%	33	5%	9	8%	3
	Regularly	5%	68	4%	14	4%	18	4%	19	7%	12	14%	5
Being knocked down	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	72%	1038	70%	227	68%	311	71%	321	86%	151	76%	28
	Once or twice	21%	310	24%	78	25%	113	23%	103	8%	14	5%	2
	Regularly	7%	97	6%	19	7%	31	6%	29	6%	11	19%	7
Having something thrown at you	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	81%	1171	76%	246	79%	360	83%	378	89%	157	81%	30
	Once or twice	15%	218	19%	62	17%	77	13%	60	8%	14	14%	5
	Regularly	4%	56	5%	16	4%	18	3%	15	3%	5	5%	2
Being forcefully restrained	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	94%	1358	95%	308	94%	427	93%	423	94%	166	92%	34
	Once or twice	3%	42	1%	3	3%	13	4%	20	2%	4	5%	2
	Regularly	3%	45	4%	13	3%	15	2%	10	3%	6	3%	1
Being hit with an open hand	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	93%	1343	93%	300	92%	419	95%	429	93%	163	86%	32
	Once or twice	4%	61	4%	13	5%	21	4%	16	5%	8	8%	3
	Regularly	3%	41	3%	11	3%	15	2%	8	3%	5	5%	2
Being hit with a fist	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	91%	1319	92%	297	90%	410	92%	418	93%	163	84%	31
	Once or twice	6%	81	5%	15	6%	28	6%	27	4%	7	11%	4
	Regularly	3%	45	4%	12	4%	17	2%	8	3%	6	5%	2
Being hit with an implement	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	91%	1312	87%	281	92%	420	92%	419	91%	160	86%	32
	Once or twice	6%	91	10%	32	5%	24	5%	23	6%	10	5%	2
	Regularly	3%	42	3%	11	2%	11	2%	11	3%	6	8%	3
Being choked (grabbed around neck)	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	96%	1388	96%	312	96%	436	97%	440	95%	167	89%	33
	Once or twice	2%	27	1%	3	2%	10	2%	8	2%	4	5%	2
	Regularly	2%	30	3%	9	2%	9	1%	5	3%	5	5%	2
Being beaten up	Total	100%	1445	100%	324	100%	455	100%	453	100%	176	100%	37
	Never	96%	1392	94%	306	96%	436	98%	442	98%	173	95%	35
	Once or twice	2%	27	3%	9	2%	9	2%	7	1%	1	3%	1
	Regularly	2%	26	3%	9	2%	10	1%	4	1%	2	3%	1



Table 9-6 Physical harm in second sport by level achieved

		Total		Recreational		Local		District		National		International	
		%	n	%	n	%	n	%	n	%	n	%	n
Being forced to train when injured/exhausted	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	68%	867	72%	352	71%	315	63%	159	48%	37	33%	4
	Once or twice	26%	334	23%	114	24%	106	30%	75	43%	33	50%	6
	Regularly	6%	74	5%	24	5%	23	7%	18	9%	7	17%	2
Being shoved	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	75%	958	76%	370	72%	320	76%	192	84%	65	92%	11
	Once or twice	20%	251	20%	97	23%	100	18%	46	9%	7	8%	1
	Regularly	5%	66	5%	23	5%	24	6%	14	6%	5	0%	0
Being shaken	Total	100%	1274	100%	490	100%	444	100%	251	100%	77	100%	12
	Never	94%	1195	93%	458	93%	414	94%	237	96%	74	100%	12
	Once or twice	4%	53	4%	21	5%	21	4%	10	1%	1	0%	0
	Regularly	2%	26	2%	11	2%	9	2%	4	3%	2	0%	0
Being thrown about	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	92%	1170	91%	444	92%	409	94%	236	91%	70	92%	11
	Once or twice	5%	65	7%	32	5%	20	4%	10	4%	3	0%	0
	Regularly	3%	40	3%	14	3%	15	2%	6	5%	4	8%	1
Being knocked down	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	84%	1074	84%	413	82%	363	87%	220	88%	68	83%	10
	Once or twice	12%	150	12%	60	13%	59	9%	22	9%	7	17%	2
	Regularly	4%	51	3%	17	5%	22	4%	10	3%	2	0%	0
Having something thrown at you	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	90%	1142	89%	438	89%	396	90%	228	92%	71	75%	9
	Once or twice	8%	96	7%	35	8%	36	8%	19	5%	4	17%	2
	Regularly	3%	37	3%	17	3%	12	2%	5	3%	2	8%	1
Being forcefully restrained	Total	100%	1274	100%	489	100%	444	100%	252	100%	77	100%	12
	Never	96%	1227	95%	466	97%	430	97%	245	97%	75	92%	11
	Once or twice	1%	16	2%	9	1%	5	1%	2	0%	0	0%	0
	Regularly	2%	31	3%	14	2%	9	2%	5	3%	2	8%	1
Being hit with an open hand	Total	100%	1274	100%	490	100%	443	100%	252	100%	77	100%	12
	Never	95%	1214	94%	463	95%	422	96%	243	99%	76	83%	10
	Once or twice	3%	34	3%	14	3%	13	2%	5	0%	0	17%	2
	Regularly	2%	26	3%	13	2%	8	2%	4	1%	1	0%	0
Being hit with a fist	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	95%	1214	94%	463	95%	424	97%	244	95%	73	83%	10
	Once or twice	3%	32	3%	14	2%	11	2%	4	4%	3	0%	0
	Regularly	2%	29	3%	13	2%	9	2%	4	1%	1	17%	2
Being hit with an implement	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	94%	1196	93%	456	94%	418	94%	237	96%	74	92%	11
	Once or twice	4%	53	5%	23	4%	18	4%	9	3%	2	8%	1
	Regularly	2%	26	2%	11	2%	8	2%	6	1%	1	0%	0
Being choked (grabbed around neck)	Total	100%	1274	100%	489	100%	444	100%	252	100%	77	100%	12
	Never	97%	1241	97%	474	98%	433	98%	246	99%	76	100%	12
	Once or twice	1%	8	1%	4	1%	3	0%	1	0%	0	0%	0
	Regularly	2%	25	2%	11	2%	8	2%	5	1%	1	0%	0
Being beaten up	Total	100%	1275	100%	490	100%	444	100%	252	100%	77	100%	12
	Never	97%	1233	96%	471	96%	428	98%	246	99%	76	100%	12
	Once or twice	2%	20	2%	8	2%	10	1%	2	0%	0	0%	0
	Regularly	2%	22	2%	11	1%	6	2%	4	1%	1	0%	0



Table 9-7 Physical harm in main sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being forced to train when injured/exhausted	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	32%	61	59%	121	52%	114	32%	42	52%	55	35%	20	33%	33
	Once or twice	52%	100	36%	73	44%	97	59%	78	42%	44	53%	30	58%	57
	Regularly	17%	32	5%	10	3%	7	9%	12	7%	7	12%	7	9%	9
Being shoved	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	82%	158	37%	75	37%	80	83%	110	41%	43	81%	46	46%	46
	Once or twice	14%	27	52%	107	49%	107	12%	16	51%	54	18%	10	35%	35
	Regularly	4%	8	11%	22	14%	31	5%	6	8%	9	2%	1	18%	18
Being shaken	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	93%	180	94%	191	88%	192	89%	118	91%	96	95%	54	82%	81
	Once or twice	4%	7	5%	11	10%	22	6%	8	9%	10	5%	3	11%	11
	Regularly	3%	6	1%	2	2%	4	5%	6	0%	0	0%	0	7%	7
Being thrown about	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	93%	180	91%	185	88%	191	93%	123	91%	96	98%	56	61%	60
	Once or twice	4%	7	7%	15	11%	23	4%	5	8%	8	2%	1	23%	23
	Regularly	3%	6	2%	4	2%	4	3%	4	2%	2	0%	0	16%	16
Being knocked down	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	92%	177	63%	128	60%	131	89%	118	57%	60	91%	52	46%	46
	Once or twice	5%	9	32%	65	34%	74	7%	9	39%	41	9%	5	30%	30
	Regularly	4%	7	5%	11	6%	13	4%	5	5%	5	0%	0	23%	23
Having something thrown at you	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	86%	166	75%	152	80%	175	90%	119	88%	93	88%	50	73%	72
	Once or twice	11%	21	23%	46	19%	42	5%	7	10%	11	9%	5	16%	16
	Regularly	3%	6	3%	6	0%	1	5%	6	2%	2	4%	2	11%	11
Being forcefully restrained	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	95%	183	98%	199	94%	206	95%	126	99%	105	98%	56	86%	85
	Once or twice	2%	4	1%	3	5%	11	0%	0	1%	1	0%	0	9%	9
	Regularly	3%	6	1%	2	0%	1	5%	6	0%	0	2%	1	5%	5
Being hit with an open hand	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	95%	183	95%	193	94%	206	93%	123	99%	105	98%	56	82%	81
	Once or twice	2%	4	4%	9	5%	11	4%	5	1%	1	0%	0	13%	13
	Regularly	3%	6	1%	2	0%	1	3%	4	0%	0	2%	1	5%	5
Being hit with a fist	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	95%	184	96%	196	92%	200	95%	126	98%	104	98%	56	69%	68
	Once or twice	2%	4	3%	6	7%	16	2%	2	2%	2	0%	0	26%	26
	Regularly	3%	5	1%	2	1%	2	3%	4	0%	0	2%	1	5%	5
Being hit with an implement	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	93%	180	93%	190	97%	211	95%	126	80%	85	95%	54	91%	90
	Once or twice	4%	7	5%	10	3%	6	1%	1	15%	16	5%	3	8%	8
	Regularly	3%	6	2%	4	0%	1	4%	5	5%	5	0%	0	1%	1
Being choked (grabbed around neck)	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	96%	186	99%	201	98%	213	97%	128	99%	105	100%	57	91%	90
	Once or twice	1%	2	0%	1	2%	5	0%	0	1%	1	0%	0	7%	7
	Regularly	3%	5	1%	2	0%	0	3%	4	0%	0	0%	0	2%	2
Being beaten up	Total	100%	193	100%	204	100%	218	100%	132	100%	106	100%	57	100%	99
	Never	96%	185	98%	199	96%	209	96%	127	97%	103	98%	56	97%	96
	Once or twice	2%	3	1%	3	4%	9	1%	1	3%	3	0%	0	2%	2
	Regularly	3%	5	1%	2	0%	0	3%	4	0%	0	2%	1	1%	1

Table 9-8 Physical harm in second sport by sport (top 7 only)

		Swimming		Netball		Football		Dance		Hockey		Athletics		Rugby	
		%	n	%	n	%	n	%	n	%	n	%	n	%	n
Being forced to train when injured/ exhausted	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	66%	99	58%	95	66%	82	64%	47	71%	58	61%	60	53%	27
	Once or twice	29%	43	35%	58	29%	36	27%	20	26%	21	33%	33	29%	15
	Regularly	5%	8	7%	11	6%	7	8%	6	4%	3	6%	6	18%	9
Being shoved	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	88%	132	51%	83	52%	65	84%	61	61%	50	88%	87	49%	25
	Once or twice	10%	15	43%	70	41%	51	12%	9	32%	26	11%	11	27%	14
	Regularly	2%	3	7%	11	7%	9	4%	3	7%	6	1%	1	24%	12
Being shaken	Total	100%	150	100%	163	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	98%	147	95%	155	87%	109	95%	69	93%	76	96%	95	84%	43
	Once or twice	1%	2	4%	7	10%	12	3%	2	4%	3	2%	2	8%	4
	Regularly	1%	1	1%	1	3%	4	3%	2	4%	3	2%	2	8%	4
Being thrown about	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	97%	145	92%	151	86%	107	95%	69	90%	74	97%	96	71%	36
	Once or twice	3%	4	7%	12	10%	13	3%	2	6%	5	2%	2	12%	6
	Regularly	1%	1	1%	1	4%	5	3%	2	4%	3	1%	1	18%	9
Being knocked down	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	95%	143	76%	124	67%	84	96%	70	73%	60	97%	96	55%	28
	Once or twice	4%	6	22%	36	27%	34	0%	0	21%	17	1%	1	24%	12
	Regularly	1%	1	2%	4	6%	7	4%	3	6%	5	2%	2	22%	11
Having something thrown at you	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	96%	144	86%	141	84%	105	92%	67	94%	77	94%	93	76%	39
	Once or twice	3%	4	10%	17	11%	14	5%	4	5%	4	4%	4	18%	9
	Regularly	1%	2	4%	6	5%	6	3%	2	1%	1	2%	2	6%	3
Being forcefully restrained	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	97%	146	99%	162	94%	117	96%	70	99%	81	97%	96	86%	44
	Once or twice	1%	2	1%	1	3%	4	1%	1	0%	0	1%	1	6%	3
	Regularly	1%	2	1%	1	3%	4	3%	2	1%	1	2%	2	8%	4
Being hit with an open hand	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	96%	144	97%	159	90%	113	96%	70	98%	80	98%	97	90%	46
	Once or twice	3%	4	2%	4	6%	8	1%	1	1%	1	0%	0	8%	4
	Regularly	1%	2	1%	1	3%	4	3%	2	1%	1	2%	2	2%	1
Being hit with a fist	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	97%	145	99%	162	90%	112	97%	71	99%	81	98%	97	84%	43
	Once or twice	2%	3	1%	1	7%	9	0%	0	0%	0	0%	0	14%	7
	Regularly	1%	2	1%	1	3%	4	3%	2	1%	1	2%	2	2%	1
Being hit with an implement	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	99%	148	97%	159	90%	112	97%	71	83%	68	96%	95	92%	47
	Once or twice	1%	1	2%	3	7%	9	0%	0	12%	10	2%	2	6%	3
	Regularly	1%	1	1%	2	3%	4	3%	2	5%	4	2%	2	2%	1
Being choked (grabbed around neck)	Total	100%	149	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	99%	147	99%	163	96%	120	97%	71	99%	81	98%	97	90%	46
	Once or twice	1%	1	0%	0	1%	1	0%	0	0%	0	0%	0	6%	3
	Regularly	1%	1	1%	1	3%	4	3%	2	1%	1	2%	2	4%	2
Being beaten up	Total	100%	150	100%	164	100%	125	100%	73	100%	82	100%	99	100%	51
	Never	98%	147	98%	161	93%	116	97%	71	99%	81	98%	97	90%	46
	Once or twice	1%	1	1%	2	4%	5	0%	0	0%	0	0%	0	10%	5
	Regularly	1%	2	1%	1	3%	4	3%	2	1%	1	2%	2	0%	0





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